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IF THE SHOE FITS ...

IN WHICH THE STORY OF SHANNON THE TEMP COMES TO ITS WONDERFUL, MAGICAL, FAIRY-TALE ENDING RECAP

PAGE 20

Air Miles, and other budget solutions

AG suggests tackling city staff absenteeism, better contract management in final report PAGE 8

Local nurse shares her war stories

It does not get the attention of higher-profile wars like those in Syria, but the need in the Central African Republic is just as great, says Médecins Sans Frontières volunteer PAGE 10

THE NEW OLD SCHOOL

Ottawa Senators captain Jason Spezza and Vancouver Canucks captain Henrik Sedin show off the new old-school hockey sweaters that they'll be wearing when their teams face off in an outdoor game March 2 at BC Place at the Tim Hortons NHL Heritage Classic. It will be only the third modern NHL game to take place outside. Both players said they were excited to play in the new colours and enjoy connecting with their team's roots. SEAN MCKIBBON/METRO

Cops smash biker ring in series of raids

Projet Dérapage. Cocaine, steroids, meth network linked to Hells Angels, police say

TREVOR GREENWAY
trevor.greenway@metronews.ca

Police in Gatineau and Ottawa have seized more than four kilograms of cocaine, more than $100,000 in cash, a machine gun and 10 vehicles in several drug raids Thursday morning, dismantling what they say is a major drug trafficking network linked to the Hells Angels motorcycle gang.

Gatineau police spokesperson Sgt. Jean-Paul LeMay told Metro that the raids — conducted at 12 Gatineau residences and at four Ottawa properties — also uncovered 1,000 pills of methamphetamine, an undisclosed amount of steroids, two handguns, a Taser and an undisclosed amount of marijuana.

He noted that the street value of the seized cocaine is more than $500,000. He also said that among the seized vehicles was a Lexus with a modified serial number.

The operation was the culmination of a yearlong investigation dubbed Projet Dérapage and resulted in the arrest of 20 people actively involved in the trafficking of the drugs. The investigation was a joint effort of four local law enforcement agencies.

"It's really important for us to signal the assistance of Sûreté du Québec and MRC des Collines Police force for this morning's operation," said LeMay.

"But especially Ottawa police for the way they actively participated in our investigation, concerning the four addresses on the Ottawa side," said LeMay.

List of those arrested:

- Marc-André Charbonneau-l'Heureux, 29, Patrick Brazeau (not the senator), 27, Justyna Kubow, 27, Sebastien Mayer, 28, Pascal Hamel, 26, Sylvain Lachaine, 27, Alexandre Lumsden, 23, Dominic Marquis, 31, Rock Danis-Sarazin, 29, Jordan Remillard, 24, Nicholas Guertin, 23

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NEWS 1

Preston St. Scotiabank

Cops want help catching bandit

A note-toting bandit made off with cash from the Scotiabank on Preston Street on Nov. 21 and Ottawa police want help catching him.

The robbery happened around 11:05 a.m., and the thief fled in a grey or silver SUV, described as "older" or "boxy." The suspect is described as a Caucasian male, mid-30s, with tanned or darker complexion, dark eyes, five-foot-ten with a normal build. A passenger waiting in the SUV is described as a Caucasian female, also with tanned or darker complexion, mid-20s, shoulder-length black hair and slim build. Anyone with information should call police at the robbery unit at 613-236-1222 ext. 5116 or Crime Stoppers at 613-233-8477 (TIPS) or 1-800-222-8477. METRO

National Capital Region

Second Simons store set to open

Montreal retail giant La Maison Simons is opening its second department store at Les Promenades Gatineau. The 80,000-square-foot store, part of a $110-million redevelopment for the mall that will add major international retailers H&M and Forever 21, will open spring 2015, a year ahead of the store in the Rideau Centre.

Simons's CEO Peter Simon will be on site at Les Promenades Gatineau to announce plans for the new store on Monday. The Gatineau location is the latest chapter in the Quebec-based retailer's expansion across Canada.

DENIS ARMSTRONG/FOR METRO

Winterlude mascots the Ice Hogs pose with kids at a launch event staged by Heritage Canada at Jacques Cartier Park in Gatineau Thursday. JOE LOFARO/METRO

Winterlude reflected in CNN spotlight

Ottawa makes top 10 list of cold hot-spots. Canadian Heritage hopes the attention will draw more U.S. visitors

JOE LOFARO
joe.lofaro@metronews.ca

The department of Canadian Heritage is hoping a nod to the capital region from CNN this week will translate into a rush of American visitors to this year's Winterlude.

On Tuesday, Ottawa was the only Canadian city to make the cut in a CNN article on the top 10 cities to visit for a winter vacation, and the capital's famous winter festival was at the top of the list of things to do here.

"It's a really great honour," said Denise Leblanc, National Capital Commission spokesperson, at the official announcement of the 36th edition of the festival Thursday.

"We're hoping maybe that does have some resonance with our friends in the States and that we do see an increase in the number of visitors."

Canadian Heritage says one third of the 600,000 visitors who come to Winterlude each year are from outside the national capital region.

Don't miss it

This year's Winterlude will run from Jan. 31 to Feb. 17 in Ottawa and Gatineau.

The department will have its first go at running the festival on its own this year after it fell into their hands following the federal government's 2013 budget. Previously, the NCC was in charge of organizing and promoting Winterlude.

But Leblanc said there will be no noticeable change to the public.

"The transition has gone really well," said Leblanc. "The majority of the employees who worked in Winterlude previously have transferred to the Department of Canadian Heritage."

The famous Ice Hog mascots arrived in Jacques Cartier Park in Gatineau Thursday for the announcement, flanked by several kids sporting toques and hockey sticks.

The theme at the park this year will be winter sports, as a nod to our Olympic athletes who will compete at the 2014 Winter Olympics in Sochi, Russia.

Canadian Heritage said it will announce the official programming for Winterlude in the weeks to come.

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‘Still in shock.’ Rockland woman goes home with $20-million lotto win

Rockland resident Pierrette Levesque almost booked an economy-class rail ticket for her trip to the OLG Prize Centre in Toronto to claim the $20,113,060.60 jackpot from the Nov. 16 Lotto 6-49 draw.

“I’m still in shock. It’s hard to believe that I’m now a multi-millionaire! First-class is an affordable option for me now!” she was quoted as saying in an OLG news release.

The occasional lottery player found out Monday when she checked her ticket after news reports that a $20-million prize for a ticket sold in Ottawa had gone unclaimed.

She said her only regret is that her husband isn’t here to share in her joy. “He passed away almost exactly five years ago. He would have been so happy.”

Pierrette Levesque holds up a giant cheque from the OLG. CONTRIBUTED

A retired Canada Post employee, Levesque said she will take some time to think about how to spend her new found fortune. Travelling the world, possibly to France and Spain, is definitely in the plans — first-class flights, of course. METRO

Game day

SkyHawks: Free tickets to fans who wear team jersey Friday

To mark this year’s RBC Sports Day in Canada, the Ottawa SkyHawks are playing a home game against the Windsor Express on Friday, at 7:30 p.m., at Canadian Tire Centre. Fans that wear a jersey from any sport will receive a free ticket to a future game.

METRO

Financial help

Carleton creates bursary to support students in need

The Carleton University Students’ Association (CUSA) has donated $212,000 to the university to endow a new bursary, the CUSA Bursary Fund.

The bursary will be awarded every year to 10 undergraduate students, two per faculty. Eligible recipients will demonstrate financial need.

METRO

Innovators get paired with funding tools

Product development.
U of O prof behind next-gen wearable gadgets touts new initiative

JOE LOFARO
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A University of Ottawa professor who is working on gadgets and gizmos you would only find in a science-fiction movie is praising a new initiative launched Wednesday aimed at partnering private companies with cutting-edge researchers.

The Canada Foundation for Innovation (CFI) calls it the Research Facilities Navigator. Essentially, it’s an online directory for the private sector to look for universities and colleges that will help them develop new products.

Abdulmotaleb El Saddik, a professor in the department of electrical engineering and computer science, has already cut a deal with a Kanata company that specializes in wearable physiological devices. El Saddik said Biopeak Corporation is developing hardware for a belt, which his students helped create, that measures a person’s heartbeat and transmits his or her stress level to a smartphone.

The tool can serve as a launching pad for prototypes and proof-of-concept products from post-secondary institutions and hospitals across Canada.

University of Ottawa professor Abdulmotaleb El Saddik, right, wears a belt capable of measuring his heartbeat and transmitting the data to the stress-indicator app on the smartphone held by student Vahid Hosseinioun. JOE LOFARO/METRO

“I love to see my research automatically applied by the company,” said El Saddik in his lab Thursday during an interview. “The Canadian economy profits definitely from it, so I think this is really the best way.”

His master’s and PhD students are hoping to impress more private-sector players with their latest concoctions, such as a bathroom mirror that tells you how much you weigh and a shoe insert that tells your smartphone to pause the movie you’re watching on TV when you get up from the couch.

“In the home of the future that we envision, we assume that you have multiple sensors in the room that calculate your presence,” said El Saddik. “In an ideal environment, everything is connected.”

More information about the Research Facilities Navigator is available at innovation.ca.

Follow Joe Lofaro on Twitter @giuseppelo

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Healthy lifestyle

Royal Ottawa gets $150K boost from Sun Life Financial

The Royal Ottawa Hospital received a gift of $150,000 from Sun Life Financial on Thursday. The money will go to the hospital's new Healthy Lifestyle Program for patients living with both mental illness and diabetes or metabolic syndrome.

The relationship between diabetes and mental illness is of growing concern. Among eastern Ontario's 90,000 diabetics, one in three has sought mental-health services. People with both diabetes and depression also have an increased risk of long-term disability, lost work time, vascular complications and mortality compared to people with diabetes alone.

The Healthy Lifestyle Program will include an integrated framework for assessment and therapy where every client has the opportunity to meet on an individual basis with the Royal's professionals, including a psychiatrist/physician, dietitian, therapeutic recreationist, pharmacist and metabolic nurse who will establish the therapeutic relationship with the patient and monitor metabolic measurements throughout the program.

DENIS ARMSTRONG/FOR METRO

Charity drive

Public servants raise over $20M

Hundreds of federal employees and retirees at the Canadian Museum of Nature celebrated the Government of Canada Workplace Charitable Campaign's success in raising $20.1 million in the National Capital Region as of Thursday.

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Salvation Army needs your help to help others

Bell-ringers wanted. Organization is hoping 110 new recruits join the battle to raise $600,000 by Dec. 24

DENIS ARMSTRONG
ottawa@metronews.ca

The Salvation Army needs your help, and a few ho-ho-hos.

The charity that rings in every Christmas season with that familiar kettle of cash donations desperately needs between 30-50 volunteers to staff 40 kettle stations at shopping centres, big-box stores and LCBOs around Ottawa.

The army currently has a team of 110 volunteers, who have been out on location since Nov. 14, but if they're to meet their campaign goal of $600,000 by Dec. 24, they'll require between 150-200 volunteers to appeal to Christmas shoppers.

All money raised goes to help more than 7,000 individuals and families in crisis in the capital with food, shelter and clothing.

"It's a great feeling," said Salvation Army spokesperson Caroline Franks.

Volunteers can donate as little as two hours of service, or as much as they like; there is no maximum. Register at ottawakettles.ca, or call 613-233-8428, extension 253 to volunteer. And if standing in public ringing a bell isn't your thing, you can host a virtual kettle online at fillthekettle.com.

Ottawa resident Lynn Walsh, 27, rings the bell for the Salvation Army's kettle campaign at the Bay downtown. METRO FILE

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City auditor Alain Lalonde delivered his last report on Ottawa's finances Thursday. He will be replaced by Ken Hughes.
METRO FILE

Lalonde's final audit identifies $1 million in possible savings

Rack up those Air Miles. AG looks at absenteeism, little-used service centres and sloppy contracting

DENIS ARMSTRONG
ottawa@metronews.ca

Absenteeism among City of Ottawa employees is a growing problem that needs to be addressed, said the city's outgoing auditor general Alain Lalonde.

In his final report to council, Lalonde said absenteeism costs the city $2.5 million annually.

City manager Kent Kirkpatrick agreed it's a problem and said his office is working on a new plan for 2014 that will limit sick days to 16.5 annually.

But the sick-leave issue was just one of a number of issues highlighted by Lalonde, who has served as auditor general for the last nine years.

He also said service centres in the city's suburbs are dramatically underused. Cutting 13 of 40 employees and putting more services online could save $824,000 a year, Lalonde said.

Deputy auditor general Ray Kostuch suggested that the city boost use of corporate credit cards. In addition to saving about $250,000 annually on bookkeeping, the city could collect Air Miles and be eligible for store discounts.

Lalonde's report also said the city could manage contractors better, opening competition for jobs to a wider community and holding weak contractors responsible for shoddy work.

Lalonde said the city could save $435,000 if it, rather than the contractor, provided policing services for construction sites.

Lalonde's legacy

$51M

Audit subcommittee chair Coun. Rick Chiarelli congratulated Alain Lalonde for saving the city an estimated $51 million over his nine-year term.

Water thief

Responding to a call on the city's hotline for reporting fraud and waste, the auditor's office caught an employee in the city's environmental-services department who'd tampered with a home-water meter so he would get $3,158 worth of city water for free.

- The employee was fired, charged with violating the city's water bylaw and billed $320 for a new meter.

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Ottawa nurse Janique Gagnon helps vaccinate a child in the Central African Republic. CONTRIBUTED

Great suffering, enormous need

Médecins Sans Frontières. Conflict in the Central African Republic every bit as awful as higher profile humanitarian crises, says local nurse

September 2013, when Janique Gagnon went to help conduct an Outreach vaccination day. CONTRIBUTED

DENIS ARMSTRONG
ottawa@metronews.ca

Janique Gagnon returned from the Central African Republic on Oct. 8 "with a heavy heart."

The CHEO nurse had just spent the last six months on her first mission with Médecins Sans Frontières — Doctors Without Borders — in one of the most dangerous places on earth, and though she's glad to be home with her husband and two young sons, she wants to return to the war-torn nation as soon as possible.

"I knew there was a risk, so I made it a family decision," Gagnon, a native or Orleans, says. "If my husband or boys don't want me to go, I won't. But they gave me their permission."

They gave their permission because, despite the obvious risks, Gagnon's family understood that front-line emergency work was in her blood.

Before nursing, Gagnon spent 10 years in the Canadian military, deployed in Italy as well as Bosnia-Herzegovina, where she treated casualties from Sarajevo while under fire. Gagnon retired from the military in 2001.

By then, she was looking for an opportunity to volunteer with MSF. The organization offered her the opportunity to run a 95-bed hospital in Boguila, Central African Republic — a jungle village 400 kilometres from the capital, Bangui — in April, only two weeks after a coup d'etat reduced the tribal country to civil war.

Without blinking an eye, Gagnon accepted on the spot — never mind that Seleka rebels and government forces fought viciously in the jungle near the hospital compound.

John Ging, the UN's director of humanitarian operations, has described the country as "a tinderbox that can ignite into something very, very big and very, very bad. Half the country's population of 4.6 million need humanitarian aid. The scale of suffering is among the worst in the world, and it's getting worse."

"I knew the conditions were bad, but that is why I wanted to be there, where the need is the greatest," said Gagnon. "Which is why I joined MSF, because they go to those places where people need medical care the most, and that's usually a dangerous place."

Gagnon had arrived at the beginning of the rainy season when malaria was rampant. She treated the diseased, the dismembered and the dying, witnessing more human degradation than any person should ever see.

Thanks in part to her front-line military experience, she pushed through and focused on the job. She recalls the day she stood up to a Seleka colonel, ordering him to remove his gun prior to entering the hospital.

She remembers the day she cried for the baby that died in her arms.

"Conditions were hard, but the people were so grateful we were there, they didn't want us to leave," she recalls. "I have a huge amount of respect for the people who live there. They have nothing. They can't even take care of themselves because there's nothing."

Gagnon says what they need most are schools. "Education leads to change. It's a long process, but it has to begin now."

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Expense scandal. Tories block key Duffy witness

Conservative senators blocked a bid Thursday to have a key figure from the audit firm Deloitte testify about alleged interference into the review of Sen. Mike Duffy's expenses.

The move came as the Senate's internal economy committee heard from three other Deloitte partners about the audit they had done into Duffy's living claims between February and May.

Deloitte's Gary Timm confirmed what had been revealed in a police report last week — that Michael Runia, one of the firm's managing partners, called him to inquire about the Duffy audit. Runia was not a member of the audit team.

An RCMP court filing last week revealed that Runia made the call at the request of Conservative Sen. Irving Gerstein, who in turn had been prompted by the Prime Minister's Office.

When Liberal Sen. George Furey later moved to have Runia appear to answer questions, Sen. Gerald Comeau, the Conservative chairman of the committee, ruled against him, saying it's not the committee's job to conduct police-style investigations.

THE CANADIAN PRESS

Trail of dust

Comet ISON no match for the sun

Once billed as the comet of the century, Comet ISON probably didn't survive its encounter with the sun.

Scientists said images from NASA spacecraft showed the comet approaching for a slingshot around the sun on Thursday, but just a trail of dust coming out on the other end.

"It does seem like Comet ISON probably hasn't survived this journey," U.S. Navy solar researcher Karl Battams said in a Google+ hangout.

THE ASSOCIATED PRESS

Workers walk out after colleague's suicide

Halifax. One employee says management harassed Peter MacKenzie to get him to retire sooner

HALEY RYAN
Metro in Halifax

Nearly 200 workers at the Irving Shipyard in Halifax walked off the job Thursday morning after employees said resentment "boiled over" when they learned a co-worker had killed himself following a suspension, and what they say was months of harassment by management.

A shipyard worker who preferred not to give his name said he "almost cried right on the spot" when he heard of Peter MacKenzie's death, whom he said he worked with for 25 years.

"He was singled out and harassed in many regards," said the man. "We've had enough and it's as simple as that.... It boiled over."

Workers left their jobs around 7:30 a.m., lining both sides of Barrington Street at the bottom of Devonshire Avenue and crossing the street each time the lights changed.

Union president Cliff Pickrem said MacKenzie was suspended for 30 days due to poor workmanship on his scaffolding Tuesday but later heard an engineer say the work was "quite up to standard."

In a statement, Irving said "It is not appropriate to speak about details regarding individual employees."

Halifax RCMP spokesman Cpl. Scott MacRae said they received a suicide call for a home in Eastern Passage on Wednesday at 2:30 p.m. and found a 58-year-old man dead.

Workers at the Halifax Shipyard walked off the job on Thursday after they say a fellow worker killed himself following months of harassment.
HALEY RYAN/METRO IN HALIFAX

Metro reached out to the victim's family, who preferred not to comment.

Tyler Stewart, 29, was among many who said the company has become much harsher and more disciplinary in the last year and half since Irving won the national shipbuilding contract and new management came in.

"A lot of the older gentlemen, they're trying to almost make them retire ... they want to make their lives miserable," Stewart said. "Unfortunately it has to come to this to make a better situation."

Pickrem and national union rep Rick Rose came from negotiations just before noon and said Irving's president was flying to Halifax. They told the crowd management understood their frustration, but was asking everyone to continue working.

Many shouted "no way" and left the property, saying they would return Friday.

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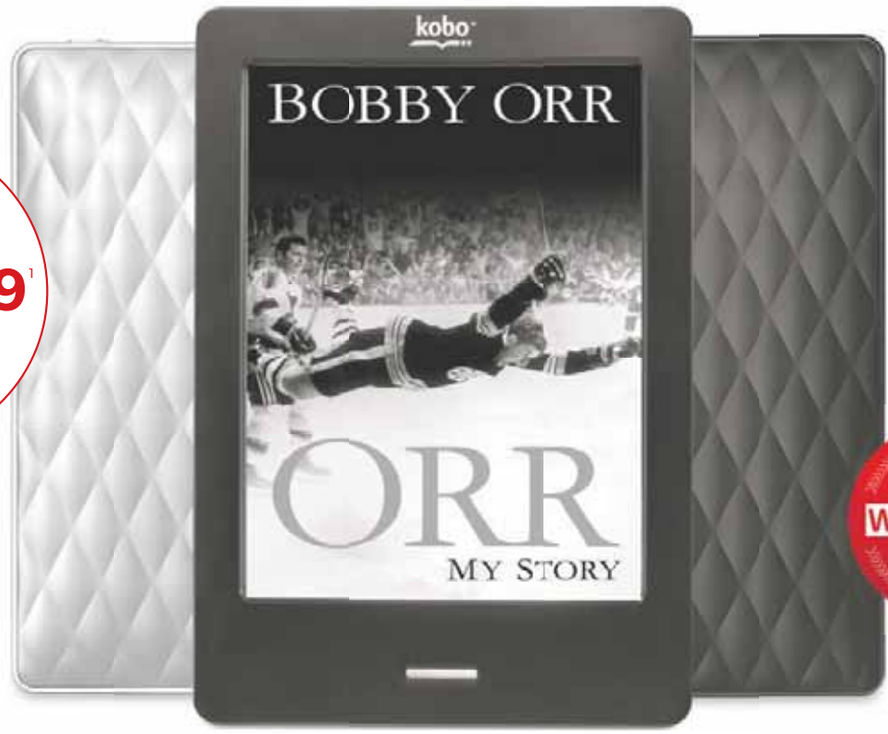

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Non-believers start their own global church

Our father, who art in England? Atheist collective claims to be the fastest-growing church in the world

KIERON MONKS
Metro World News in London, U.K.

Come for the service, stay for the coffee: Standup comedians turned humanist ministers Sanderson Jones and Pippa Evans lead London, England's leading atheist church, the Sunday Assembly. NICK CUNARD/METRO WORLD NEWS

Minister Sanderson Jones addresses the crowd. NICK CUNARD/METRO WORLD NEWS

The congregation at a Sunday Assembly service. NICK CUNARD/METRO WORLD NEWS

The Sunday Assembly started small in 2012, hosting monthly ceremonies at a deconsecrated church in a chic London, England, suburb. Founded by comedians Sanderson Jones and Pippa Evans, the events sought to combine the warmth of a congregation with irreverent entertainment, featuring songs and life-affirming lectures.

As word spread, the assembly became a community of active participants, inspired by the mantra of "live better, help often, wonder more." The local city council reclaimed their venue, but the assembly, undeterred, found new homes across London, the United Kingdom and beyond, as eager followers joined the movement and founded their own chapters. In the past two months, affiliated Sunday Assemblies have opened in 22 cities across five countries.

The creators deny that their idea has become another religion; they say they simply wish to provide the social hub missing in many godless communities. "We are born from nothing and go to nothing. Let's enjoy it together," proclaims the first of their 10 "commandments."

The Sunday Assembly now claims to be "the fastest-growing church in the world," citing a "3,000 per cent growth rate" in the past year. Jones and Evans have spent much of 2013 on tour — from the U.S. Bible Belt to the Australian outback — that will extend the reach further still.

The movement has not been without its critics, and the comedians are frequently heckled in traditionally religious areas, but the concept is now firmly established.

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Rabbinic court ruling sets off foreskin fight

Long-standing debate. Uproar follows religious court's penalizing divorced mother for refusing to circumcise son

Israelis protest in support of a woman who refuses to have her son circumcised. ODED BALILTY/THE ASSOCIATED PRESS

An Israeli rabbinic court has fined a woman hundreds of dollars for refusing to circumcise her baby son, officials said Thursday, in a landmark case that has sparked a new uproar over the role of religion in the Jewish state.

The case shines a spotlight on a long-running debate over religious coercion in Israel, where generations of leaders have struggled to find a balance between the country's Jewish and democratic character.

The matter ended up in the rabbinic court as part of an ongoing divorce battle. The woman announced her refusal to circumcise the boy, saying she did not wish to harm him. The Israeli rabbinate's high court ruled last week the circumcision was for the child's welfare and that the woman must pay the equivalent of nearly $150 each day she refuses the circumcision.

"The decision is not based only on religious law. It is for the welfare of a Jewish child in Israel not to be different from his peers in this matter," said Shimon Yaakovi, legal adviser to the rabbinical court.

He said it was the first time a religious court in Israel has punished a parent for refusing to circumcise.

THE ASSOCIATED PRESS

Theocracy charge

"(It's) dangerous for democracy.... It turns the government into a theocracy."

Ronit Tamir, anti-circumcision activist.
Most Israelis are secular, but founders gave Judaism a formal place in the nation.

RCMP. Cop told not to use medical pot in uniform; force policy under review

The case of a New Brunswick Mountie who's reportedly been told he cannot smoke the drug while in uniform underscores the need for employers to better understand medicinal marijuana, an advocate for medical cannabis said Thursday.

Adam Greenblatt of the Canadian Association of Medical Cannabis Dispensaries, said the RCMP should allow Cpl. Ron Francis to smoke in uniform providing he is not impaired. "If this officer was a diabetic, would they prevent him from using insulin on the job?" Greenblatt said.

Francis told the CBC that there's no policy in the RCMP that prevents him from smoking his doctor-prescribed marijuana in public or while wearing his uniform. Their report said Francis is assigned to administrative duty. He uses pot to treat post-traumatic stress disorder.

RCMP deputy commissioner Gilles Moreau told CBC Francis should not use marijuana in uniform and the force is reviewing its internal policies on the matter.

THE CANADIAN PRESS

Burnside, Nova Scotia

Jail incident investigated

Police are investigating an alleged assault at the Central Nova Scotia Correctional Facility in Burnside, N.S. that involved two corrections officers.

Halifax police Const. Pierre Bourdages says they received a call Thursday about an assault at the jail. A justice ministry spokesperson confirmed the incident involved two corrections workers. No one was injured. METRO IN HALIFAX

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The vehicle must have been owned/leased by the eligible customer and registered in their name on or before November 1, 2013. Proof of ownership/lease agreement will be required. Additional eligible customers include licensed tradesmen and those working towards Skilled Trade certification. Some conditions apply. See your retailer for complete details. †0% purchase financing for up to 36 months available on new 2013 Jeep Compass, Patriot, Dodge Dart, FIAT 500, 2014 FIAT 500L and on new 2014 Jeep Cherokee models to qualified customers on approved credit through Royal Bank of Canada, Scotiabank and TD Auto Finance. Retailer order/trade may be necessary. Retailer may sell for less. See your retailer for complete details. 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To enter, you must visit any participating Chrysler, Jeep, Dodge and Ram retailer during the contest period and purchase/finance/lease any new 2012, 2013 or 2014 Chrysler, Jeep, Dodge or Ram vehicle (excluding SRT Viper models). Four (4) grand prizes available to be won, each consisting of a pair of VIP tickets and trip to watch the 2014 Battle of Ontario in Ottawa on April 12, 2014. Tickets are for April 12 ONLY. Prize includes round trip travel for two and two night's hotel accommodation (if required). Approx. retail value: $5,000 per prize. Mathematical skill-testing question required. For complete contest rules, including no purchase means of entry, go to: www.chrysleroffers.ca/battleofontario. §2014 Dodge Grand Caravan Crew Plus shown. Price includes Consumer Cash Discount. 2014 Ram 1500 Crew Cab Laramie shown. Price includes Consumer Cash Discount and $1,500 Bonus Cash. 2014 Jeep Cherokee Limited shown. 2013 Dodge Journey R/T AWD shown. Price includes Consumer Cash Discount. »Based on *Automotive News* classification and 2013/2014 Ram 1500 3.6 L V6 4x2 and 8-speed transmission. 11.4 L/100 km (25 MPG) City and 7.8 L/100 km (36 MPG) Highway. Based on 2013 EnerGuide fuel consumption guide ratings published by Natural Resources Canada. Government of Canada test methods used. Your actual fuel consumption will vary based on powertrain, driving habits and other factors. Ask your retailer for complete EnerGuide information. ^Based on R. L. Polk Canada, Inc. May 2008 to September 2013 Canadian Total New Vehicle Registration data for Crossover Segments as defined by Chrysler Canada Inc. ❖Real Deals. Real Time. Use your mobile device to build and price any model. ®Jeep is a registered trademark of Chrysler Group LLC. ™The SiriusXM logo is a registered trademark of SiriusXM Satellite Radio Inc.

Sickweather.com.
New iPhone app warns of proximity to disease

Don't expect to find "Bieber Fever" or "drunken stupor" on a new iPhone app that issues real-time alerts when you are approaching a large mass of unwell people.

You can, however, find when you're entering a sick zone rife with asthma, bronchitis, chicken pox, common cold, cough, croup, ear infection, fever, and plenty of other maladies.

Baltimore-based Sickweather.com has just launched an iPhone app that filters through social media comments on Twitter, Facebook and Apple's notification and geofencing technologies to issue real-time notifications on phones, warning of closeness to disease areas.

It's available in the App Store as a free download.

"It's a neat idea," says Abe Oudshoorn, an assistant professor of nursing at The University of Western Ontario in London.

Oudshoorn, who teaches community-health planning, says he expects this sort of information sharing to grow.

Heading into a flu-ridden area? A new app could warn. GETTY IMAGES

"It's not going to go backwards," Oudshoorn says. "We're not going to see the decline of data. We're going to see continuous new platforms for sharing data."

Oudshoorn says there are now minimal mandatory requirements for the public reporting of health data which creates openings for private sharing of health information. "We need everyone to be a more active participant in their own health," Oudshoorn says. TORSTAR NEWS SERVICE

Migrant crash survivor wants future in Canada

Juan Jose Ariza. He survived a wreck near Stratford, now he's awaiting word from Ottawa on his status

SCOTT TAYLOR
For Metro in London, Ont.

Juan Jose Ariza survived a collision that killed 10 people outside of Stratford in February 2012. He spent the following 18 months in agony willing his broken body to heal in a London long-term care facility.

But the one foe he hasn't been able to beat is the Canadian government.

Not yet, anyway.

Ariza and 12 other migrant workers had finished their shift of vaccinating chickens when their extended van ran a stop sign and was crushed by a truck driven by a London man, who also died.

Only Ariza and two other workers survived the carnage.

While recovering, Ariza was separated from his wife and young son. His work visa had expired and he wasn't going to be granted another one due to his injuries.

That meant that if he left the country, he would likely not be allowed to re-enter it again. He wanted to bring his wife Edith and son Flavio here on humanitarian grounds because his injuries occurred while working in this country. London North Centre MP Susan Truppe said there's reason to be optimistic about a future for him in Canada. "He hasn't been turned down and the file is still active, so things are moving along well."

SCOTT TAYLOR/METRO LONDON

Juan Ariza with wife Edith and son Flavio. CONTRIBUTED

Bas de Laine et mot coquin wool socks
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Yikes! Ever feel like you're being tracked at the mall? Turns out you might be, with retailers turning to technology to track shoppers in a bid to tailor the shopping experience to customers. SEAN GALLUP/GETTY IMAGES FILE

You're not paranoid, stores are spying on you

Online and IRL. Retailers are tracking your movements using cookies, heat sensors and cellphone signals

Advances in technology have never made tailoring deals to shoppers this holiday season so easy — or so creepy.

Online stores have long-tracked your movements on the web through cookies. And bricks-and-mortar stores have started tracking you too — experimenting with heat sensors and monitoring phone signals to see which aisles are most popular. THE ASSOCIATED PRESS

He knows what you're buying

"You can't have Christmas any more without big data ... You know that song where Santa knows when you've been sleeping? He knows when you're awake? That's where he's getting his information from."

Jeff Chester, executive director at the Center for Digital Democracy

Focus on technology

CN Rail launches $10M safety plan

Canadian National Railway Co. says it's investing $10 million in a special program to enhance its ability to detect equipment defects, such as hot wheels. THE CANADIAN PRESS

Urgent labour issue

Skills gap needs to be filled: Manley

Former cabinet minister John Manley says Canada needs to fix the labour skills gap before the country lags even further behind internationally. THE CANADIAN PRESS

Recommendation. Ban federal instant messaging to preserve message trail

Canada's information watchdog is recommending a ban on instant messaging on federally issued BlackBerrys and other wireless devices because such messages evaporate so quickly, erasing part of the government record.

In a special report to Parliament, Suzanne Legault says instant messages are automatically deleted — usually after 30 days — meaning Canadians can't request them under the Access to Information Act. Legault says a government proposal would "put the right of access at further risk" by allowing instant messages to be auto-deleted after three days. THE CANADIAN PRESS

Another hit to BlackBerry

Some 98,000 BlackBerry devices have been issued to government institutions.

- But there is no government-wide policy on the use of text-based peer-to-peer forms of communication such as BlackBerry Messenger.

Random biz fact of the day

75%

75 per cent of job seekers use traditional networking to gather more information about a company. CAREERBUILDER

Market Minute

DOLLAR 94.46¢ (+0.08¢)

TSX 13,370.83 (+8.77)

Nasdaq and Dow Jones closed for American Thanksgiving.

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Douglas Coupland's latest novel, Worst. Person. Ever., is available from Random House Canada.

Day 20

metronews.ca/temp

Temp Figures It All Out

If you came here expecting a happy ending, that's exactly what you're going to get. It's a few months later, I'm now Mrs. Xu, there are twin Xus in the offing, and the twins will be in line to inherit over a billion dollars. I remind myself of this every time I think of the coffee room's Girl Guide chocolate-bar honour box, and how horrified I always was to find out staffers had shortchanged it, and how I paid out the difference from my own pocket.

What about TWK? Don't worry about the old gang — they're doing just fine. The building is now home to Mr. Xu's vanity project (and mine), which is to be the world's largest online retailer of vintage and high-end sneakers. Sarah No. 1 is once again in charge on online marketing development, and Sarah No. 2 is back developing e-commerce strategy. This time, their decisions will have a chance of being implemented and making some kind of difference.

With a slight romantic twist, Sarah No. 3, who I never really got to know, is seeing Kyle, who quit the refinery after a week spent inhaling its magic aromas. Kyle is now getting a full sleeve of ink on each arm and is in charge of "Branding Atmosphere," which means — I'll be honest — I have no idea what, but I'm just so glad he's no longer inhaling oil. I'll always have a soft spot for that loveable lunkhead who kind of flirted with me, and who I kind of flirted with back when we were both younger and dumber.

The Danimal we now call "The Shaker" because we send him out doing anything that involves old-school middle-management people shaking each other's hands: Conferences and land leasing and that kind of stuff. It's a remarkably effective category and he loves it. Dan and Chantelle split up quite amicably. Chantelle and Darren are engaged and living in the gated community together. Chantelle's lips have shrunk and she looks a tiny bit more human and promises not to get more work done.

The present is all we have. And really, how does Kate Winslet manage to always drop those pounds?

And the happiest ending of all is for Kurt, the old guy by the stoplight, who now has his own office out by the delivery bay where his main task is to sit, enjoy life and maybe watch the Carpenters on VHS — he refuses to go online.

So maybe you entered this story expecting there to be a Boogeyman — someone who we can yell at, and whack with sticks like a piñata. But there is no Boogeyman here. There's only the times we live in, and we can bitch about them or we can move forward, and if you don't move forward, well, you'll be left behind, left in the past, which makes no sense — because the present is all we have. And really, how does Kate Winslet manage to always drop those pounds? **THE END**

Random fact of the day

The difference between poisonous and venomous animals: "If you bite it and you die, it's poisonous. If it bites you and you die, it's venomous."

SOURCE: WTFFUNFACT.COM

Random biz fact of the day

98%

An overwhelming majority of job recruiters used social media to search for candidates in 2012.

SOURCE: WORKOPOLIS

Wages

Equal work, equal pay

The Workers Action Centre is campaigning for equal pay as part of its advocacy for workers' rights, which includes approaching politicians and conducting online campaigns.

"Permanent workers are earning a lot more," said centre organizer Sonia Singh. "The typical statistic is that temp workers earn 40 per cent less than permanent workers.

"The government should include in the law that temp-agency workers receive the same wages as permanent workers when they are doing the same work." **MIKE DONACHIE/METRO**

THE CANADIAN PRESS

Race to the bottom

Government jobs no sure thing

Government temp jobs are no longer the coveted positions they used to be. Wages for temp workers in the public sector have fallen by up to 40 per cent since the feds started awarding contracts to the lowest bidder, according to the Association of Canadian Search, Employment and Staffing Services. **METRO**

The clock is ticking

PHOTO ILLUSTRATION DAVID VAN DYKE/METRO

TEMP is ... well, temporary

Douglas Coupland's 20-day novella is a pop-up project and will disappear from our website this Monday at 12:01 a.m. EST. If you've missed an instalment, there are still three days to catch up at temp.metronews.ca — before it is gone forever. **METRO**

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RON BURGUNDY? COMING TO WINNIPEG

THE METRO LIST

Neil Morton
metronews.ca

1 Tom Hanks. In the most random moment of 2013 possibly, Hanks showed up at the Grey Cup in Regina. Turns out he was there cheering on the Tiger-Cats with his L.A. pal Martin Short, a Hamilton native. Hanks wore a Ticats toque (and later a Riders toque), hung out with the Sheepdogs and sat in the chilly stands. Can we adopt him as ours?

2 Twitter and Time. This year, Time announced a unique new partnership with Twitter as part of their Person of the Year issue. Users can vote for their choice by tweeting with the hashtag #TIMEPOY. The readers' choice poll ends Dec. 4. So go ahead now and cast your vote for ... Miley?

3 Movember wrap up. I wore my mo proudly this year, and raised over $1,000 to join Mo's Platinum Club. One of the feel-good stories of this year was three buddies who cycled from Vancouver to Toronto and raised nearly $100,000 for Movember in their Moustache Ride Across Canada. Amazing guys, amazing cause.

4 @bOringtweets. Who would think that a boring Twitter account would be a hit? But it is. Its nearly 140,000 followers get tweets like "I've just looked at something," "I've just signed for a parcel for next door," and "I hope I dream about cardboard again. That was one crazy dream." I would keep giving you examples, but I have to watch paint dry.

5 Ron Burgundy. Will Ferrell's fictitious Anchorman character will be in Winnipeg this Sunday covering Canada's Olympic curling trials dubbed Roar of the Rings for TSN. They should consider hiring Burgundy permanently: Ratings would go through the roof.

6 Toronto + Bon Jovi = NFL? Toronto football fans were living on a prayer wondering whether their city would ever get an NFL franchise, but thanks to Bon Jovi, that might become a possibility. The rocker is a leading contender to buy the NFL's Buffalo Bills and, with some powerful and rich T.O. friends, move them to the city.

7 Global anchor Katie Couric. No, not for Global News. Couric will now be the global anchor for the resurgent Yahoo. She will start next year and be the "face of Yahoo News," CEO Marissa Mayer wrote in a blog post. In effect, Couric will now be the global ambassador for Yahoo. This move is another example that the future of TV is online.

8 Harvard. The Ivy League school got some negative attention after a video was released asking students: "What is the capital of Canada?" and answers ranged from Vancouver to Ontario. Duh! It's not right, because us Canadians all know the capital of the United States is New York, eh?

9 Social media jobs. A Workopolis study says jobs for social media experts will be obsolete in 10 years as digital natives enter the workforce who are already able to do that work, so having social media skills will no longer be a differentiator for us digital immigrants. Also, we'll soon be able to schedule tweets 10 years in advance so our work here is complete.

10 Paul Bissonnette. You might not have heard of the Canadian NHLer, but his Twitter account @BizNasty2point0 is a riot. His Twitter bio says: "Play in the NHL for the Phoenix Coyotes. Well sort of. Once played in the ECHL for the Wheeling Nailers, seriously, that was the name." With tweets like "If you ever feel insecure about your looks, go to the Vegas airport and sit at a nickel machine and smoke," this is a gem. 475,000+ followers agree.

Follow The Metro List on Twitter @TheMetroList

ZOOM

Wood you believe it

ANDY WILLSHEER/REX FEATURES

Vintage vehicle created from oak

A man has made a VW Beetle — out of wood.

Momir Bojic from Celinac in Bosnia and Herzegovina has hand-built the impressive Bug with mind-boggling patience, using skilled woodworking to create intricate detailing. Everything from the bonnet to the gearshift has been carved by Momir in his garden workshop. **METRO**

Slow and steady wins building race

Progress was necessarily slow because of the work's labour-intensive nature.

Momir said: "Some days my wife and I might end up with just two or three rows of pieces on a panel, but this was irrelevant as far as I was concerned because I'm a bit of a perfectionist. Accuracy was far more important than worrying about how long the work was taking." **METRO**

Wife chips in for hubby's project

Momir, who spent time working at the Volkswagen Transporter manufacturing plant in Hanover, Germany, got some help from his wife Nada.

"I was intending to undertake the task by myself, but after my wife saw the amount of effort involved she felt I was crazy to try and do it all on my own and was happy to offer her assistance in the project." **METRO**

Motorbike made from locust wood

Momir isn't the only man from Eastern Europe adept at making wooden vehicles.

Istvan Puskas from Tiszaros, Hungary, spent two years building a motorcycle from weather-resistant black locust wood.

Puskas used cow horns as a handlebar and exhaust pipe, and a gasoline engine from an old Fiat. **METRO**

Clickbait

HANNAH ZITNER
hannah.zitner@metronews.ca

Terrified of stepping foot in a shopping mall during Black Friday or the rest of the holiday season? There's a beautiful place you can pop into to get your shopping done without the Jingle Bells soundtrack, oversized faux cedar trees or never-ending lineups: The Internet.

ISTOCK IMAGES

Sift:

The site launched about a year ago as a website that mined your email looking for deals and promotions that may interest you. Now, with the help of $2 million for seed funding, they've launched an iPhone app that lets you shop right from your phone. Wait for their upcoming social function.

Slice:

Not exactly a shopping site, but more like an online shoppers personal assistant. Slice keeps track of what you buy and lets you know if you're eligible for a price adjustment, recalls, and other things you may want to know about your purchases.

Karmaloop:

Look sharp AND get good deals on trendy new weekending duds from Karmaloop. Site often has promo codes to get your saving started (Black Friday code is BLKLIGHT, FYI).

Comments

RE: Tips On (Cough) Hacking A Cold, by John Mazerolle, published Nov. 28

How about starting by improving your immune system.

I rarely get colds, and I haven't had the flu in 21 years, despite the fact that I work with a lot of people who get sick a lot. Flu shots..?? Never.

We are getting too caught up in cleanliness as a society. That's not to say I don't engage in personal hygiene. I just don't subscribe to the antibacterial everything that society wants us to.

My wife and four-year-old daughter also do not get sick. My daughter has been sick once since she was born. My tips..?? If you drop it on the floor, pick it up and eat it. If you cough, cough into your hand. And, eat a pound of dirt a week.

Remember, your immune system is an army, and an army needs practice to fight effectively. Take away its ability to practise, and when real germs come along, it will not be able to fight it, and you'll get sick.

ns_hunter posted to metronews.ca

WE WANT TO HEAR FROM YOU:
Send us your comments: ottawaletters@metronews.ca

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CONGRATULATIONS TO THE LUCKY WINNERS

WHO WON THE ULTIMATE TEMP SURVIVAL KIT!

John S. from Edmonton , AB
Eva L. from Calgary, AB
Sausan S. from Toronto, ON

metro

SCENE

Synopsis

The last couple of weeks have offered up the odd little treat at the movies, like an amuse-bouche to get our taste buds primed for the tastier stuff to follow in December. Not only does the 12th month give us Christmas, Boxing Day, Kwanzaa and New Year's Eve, we also get a delicious buffet of great movies. This week the Reel Guys look ahead to the 31 days that sate our appetite for great movies while feeding the voraciously hungry Oscars.

The Wolf of Wall Street, starring Leonardo DiCaprio, is one of the films to get excited for this Christmas. CONTRIBUTED

'Tis the season for great films

Reel Guys

RICHARD CROUSE AND MARK BRESLIN

Ones to watch. The weather outside is frightful, so duck inside to catch one of the movies the Reel Guys are looking forward to

Richard: Mark, people complain that trailers give away too much of the story, but one upcoming movie has been releasing trailer after trailer — usually not a good sign — and has yet to reveal itself. Apparently The Wolf of Wall Street, directed by Scorsese (do I have to write his first name? I don't think so) and starring Leonardo DiCaprio and Matthew McConaughey, is going to clock in at three hours, so no trailer, no matter how long or how many, can give away all the good stuff. All they have done is make me eager to see this stockbroker meltdown story. What's grabbed you?

Mark: I'm looking forward to The Wolf of Wall Street too. But I've already decided that Inside Llewyn Davis, the new Coen Bros movie about the Greenwich Village folk scene in 1961, will be my favourite movie of the year. Perhaps I should actually SEE the film before making my decision, but I know, Richard, I just know! I've been waiting for someone to make a movie like this for a long time, and who better than the Coen Bros? The trailer looks terrific and Justin Timberlake looks perfect in his orange alpaca cardigan, not that it would influence my decision in the least.

RC: Timberlake is such a conundrum for me. He's a wildly talented guy whose movies frequently don't work. My fingers are crossed that for him, Llewyn is more Social Network than Runner Runner. Saving Mr. Banks is another one I'm looking forward to. I'm a sucker for old Hollywood so the story of Walt Disney (played by Tom Hanks) wooing P.L. Travers (Emma Thompson) for the rights to Mary Poppins is up my alley. That, and I'd watch Thompson do anything — bake a chicken, read the phonebook or play an uptight spinster.

MB: Here's a guilty pleasure: Grudge Match, the story of two aging boxers facing off for the first time in 50 years. Since the boxers are played by De Niro and Stallone, it's like a dream mash-up: Raging Bull vs Rocky! I'm hoping Will Smith gets a dream sequence cameo as Ali. And let's not forget American Hustle, David O. Russell's new film about greed, lust, politics, and the Mafia. Sounds like a perfect title.

RC: Three things make me want to see American Hustle: the trailers (which are awesome), Christian Bale's beer gut and Jennifer Lawrence's extravagant hairdos.

MB: Wait! Make that De Niro's beer gut and Stallone's hairdo and it's a Grudge Match!

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metro

Festive finds

Jacquie Lawson 2013 Advent Calendar

MIND THE APP
Kris Abel
@RealKrisAbel
scene@metronews.ca

iPad
Free
This free calendar from popular e-card artist Jacquie Lawson offers a charming animated story every day as a country village, filled with cosy shops and wildlife, prepares for Santa's arrival.

Drama

Philomena

Director. Stephen Frears

Stars. Judi Dench, Steve Coogan

We first meet Philomena (Dame Judy Dench) on the 50th birthday of the son she never got to know. Born out of wedlock in 1950s Ireland, her boy was whisked away from the Magdalene Laundries where they lived, and was adopted by an American couple. Her story finds its way to Martin Sixsmith (Steve Coogan), a jaded journalist who thinks Philomena's past is too good to be ignored. Philomena carefully treads a line between touching and humourous, building a story of heartache and loss without ever being maudlin.

RICHARD CROUSE

Never put your dreams on ice

Frozen. Josh Gad was ready to give up on making it in show biz when his mother offered him some wise advice

RICHARD CROUSE
scene@metronews.ca

Josh Gad plays Olaf, the optimistic snowman in Frozen, which is playing in theatres now. CONTRIBUTED

Josh Gad, the voice of Olaf the optimistic snowman in the new Disney animated film Frozen, thanks his mom for some very well timed advice. "My mother, God bless her," he says, "allowed me to keep dreaming."

The story starts in 1993.

"I was sitting in a dark theatre watching Aladdin," he says. "Robin Williams is playing this insane genie character. I'm on the floor, as is the rest of the audience, and I looked over at my mom and said, 'I want to do that one day,' meaning, I want to be the comedic relief sidekick in one of these Disney films."

Cut to a decade later.

"I was about three years out of college and I called my mom up and said, 'I don't think I want to do this anymore.' She started crying. I said, 'I'm going to go to law school.' I thought my mother was going to celebrate that she wouldn't have to worry about me anymore. But she was really disappointed. And I said, 'Why are you disappointed?' She said, 'Because you've been dreaming about this for 15 years, but you are only allowing yourself to live out your dream for three years and I think that is unfair to yourself.' It was very startling to hear her say that."

"A week later I got my first big break on Broadway doing a show called The 25th Annual Putnam County Spelling Bee. I guess it was at that time I realized I was going to be OK.

"Book of Mormon was the point at which I realized I had reached a new level. That I had made it. I wasn't a working actor anymore, I was an actor who was a part of something very special and that would allow and afford me more opportunities to do what I had dreamed of."

Those opportunities include starring in TV shows like 1600 Penn and movies like Jobs, and, of course, making his dream from 1993 come true with Frozen.

"To get that phone call, saying, you are that guy," he says, "I had to hold the phone down because I was sobbing with joy."

Olaf, his comedic sidekick snowman, already has at least one fan — Gad's young daughter.

"She was two-and-a-half when I took her to see her very first movie in a movie theatre, which was Monster's University. The teaser for Frozen, which featured just my laugh [played before the movie].

"Off of that laugh she turned to me and said, 'More dada. I want more dada.' I had to turn away from her because I was embarrassed by the tears."

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Star Wars fans find a new hope at casting call

Lining up in London. U.K. hopefuls had their chance to impress on the weekend, most left with dreams dashed

KIERON MONKS
Metro World News in London

A group of hopeful drama students wait in line for an open Star Wars casting call on Sunday. KIERON MONKS/METRO

To a rugby stadium far, far away they flew in their masses, bright-eyed and buzzing with the opportunity before them, to achieve immortality by landing a part in the most successful film franchise ever. When Star Wars auditions beamed down to a drab southwest London suburb — on a frozen morning, this past Sunday — true believers answered the call.

They needed belief to respond to a brief demanding "beautiful, smart and athletic" characters; a girl to play a 17-18-year-old, and a boy 19-23. A casting spokesperson had starkly re-enforced the message, "If you don't fit the brief don't come — you're ruining it for others."

But semi-rational hope — and the knowledge that Luke Skywalker himself, Mark Hamill, had been cast as an unknown — ensured that queues stretched around Twickenham Stadium when the audition tents opened at 11 a.m. They had grown to several thousand since the earliest arrivals before 6 a.m.

Tension built toward the front, a hotbed of motivational psychology. "I feel I meet the brief enough to give it a shot," says Nathan Maccauley, a student originally from San Francisco. He had identified a "competitive vibe", but felt that his knowledge of the series could provide an edge. "It's full of strong characters that stay true to themselves when they are pulled in different directions."

The competition was shown when dancer Freddy crashes our interview, bouncing with the nervous energy of a caffeine rush. "I'm doing this to challenge myself," she says. "I normally do theatre and music videos, but I'll do anything. I'm not fazed."

Further back, later arrivals had been herded into a pen. "It took three trains to get here," explains Colby, a musician with teeth filed to vampire points. A lifelong Star Wars fan, he said that bounty hunter Boba Fett was the best character in the series as subtle acting was "drowned" by the special effects.

Journey times ran into days and the queue demanded several hours, but applicants passed through the blue audition tents in minutes. "They just asked me my age and what experience I had, but it was all about looks," an unsuccessful boy said bitterly, adding that no refreshments or toilet facilities had been provided during his ordeal — Hollywood glamour in short supply.

When grandma wants an autographed photo

Out of the Furnace. Zoe Saldana's latest role has her working with some heavyweights — and her family is proud

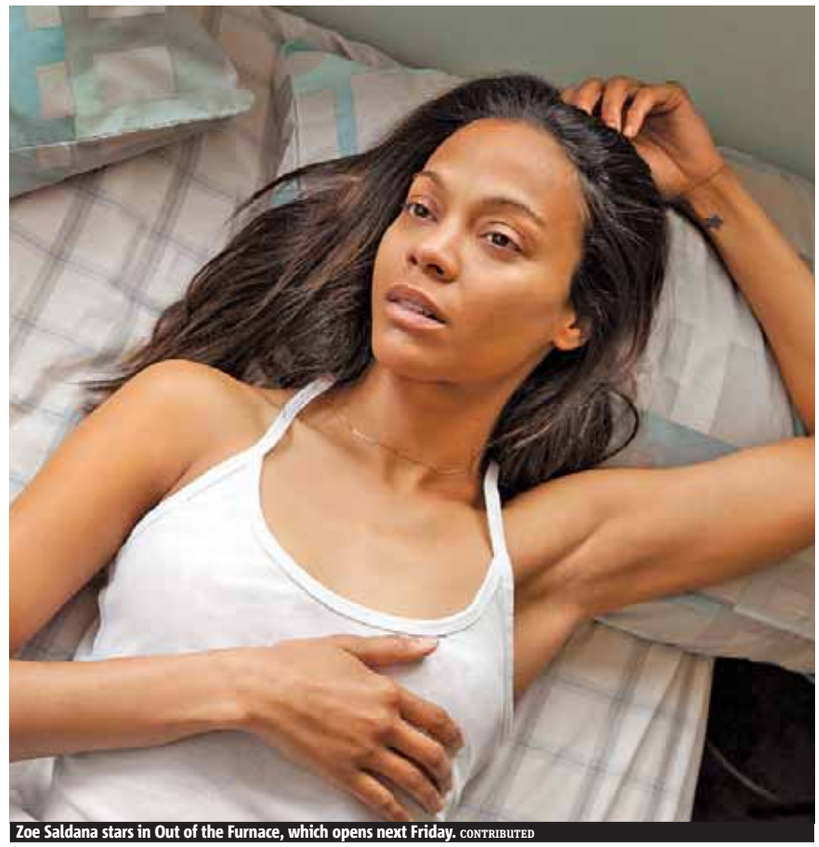
NED EHRBAR
Metro World News in Hollywood

Zoe Saldana is in some pretty good company in Out of the Furnace, co-starring alongside Christian Bale, Forest Whitaker, Woody Harrelson, Casey Affleck, Willem Defoe and Sam Shepard in director Scott Cooper's follow-up to Crazy Heart. Just don't expect her to watch it more than twice.

It's quite the impressive ensemble in this. Who was already on board when you joined the cast?
Christian was already on board, Sam Shepard was already on board, then everybody else was still up in the air. But they were the names that were mentioned. Casey was almost a yes, I believe. So when I heard these names I really prayed that it was going to be everybody that joined the cast because those are actors that I've always wanted to work with. And to actually have them all together, it's like having pizza, cheeseburgers and ice cream at the same time (laughs).

Some actors can't stand watching their own films. How about you?
I only have it in me for maybe two screenings, and then after that I can't do it. I like to see it and feel very happy for everything first, then the second time you're watching it and you're paying attention to what everybody's doing, and then after the third time it's going to be about everything else — "Oh, my hair … " "Did they have to use this take? There was another take that was so good." After the third screening you just can't watch it anymore. You revisit it every two or three years when a family member forces you to sit down with them and watch it while they hold your hand. Which is what happens to me and my grandma.

You have to give them a little leeway because it's family.
Yeah. Like my poor grandma, she's been asking me to give her an autograph since I did Center Stage 15 years ago, and I'm not going to write my grandmother an autograph. That's just ridiculous. I'm not going to sign my name on a picture of myself and go, "Here, Grandma!" It's just uncomfortable.



Zoe Saldana stars in Out of the Furnace, which opens next Friday. CONTRIBUTED

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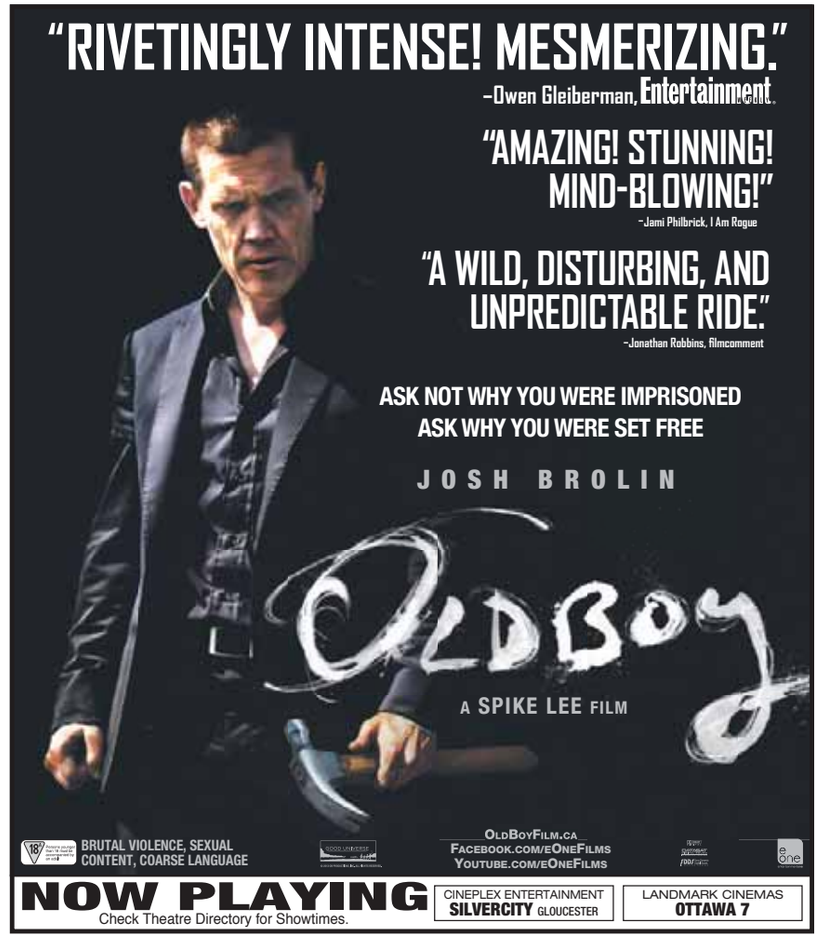

THESE PAGES COVER MOVIE START TIMES FROM FRI., NOV. 29 TO THURS., DEC. 5 TIMES ARE SUBJECT TO CHANGE.

Bytowne Cinema
325 Rideau St.

The Attack (14A) Wed 6:40 Thu 4:30
Cannes International Advertising Festival (STC) Tue 8:59
Haute Cuisine (PG) Sun 6:30 Mon 4:45
Philomena (PG) Fri 9:10 Sat 4:40-6:55 Sun 4:15 Mon-Tue 6:50 Wed 4:30 Thu 8:45
Short Term 12 (14A) Fri 6:55 Sat 9:10 Sun 2:01-8:35 Mon 8:59 Tue 4:40
Vic & Flo Saw a Bear (14A) Fri 4:45 Sat 2:30

Canadian Film Institute
2 Daly Ave., Suite 120

Bajarí: Gypsy Barcelona (STC) Fri 9:15
The Dream Team (STC) Fri 7
The Giants (STC) Sat 9
God Loves Caviar (STC) Sat 7
Jackie (STC) Sun 7
No Films Showing Today (STC) Mon-Thu

Canadian Museum of nature
240 McLeod St.

Dinosaur Passage to Pangaea 3D (STC) Sat-Sun 10:30-1:10 Sat-Sun 11:15-1:50
Flying Monsters 3D (G) Sat-Sun 12-2:30-3:40 Sat-Sun 12:35-3:05
No Films Showing Today (STC) Fri Mon-Thu

Coliseum Ottawa
3090 Carling Ave.

The Book Thief (PG) Fri 1:10-4:10-7:10-10:20 Sat 10:20-1:10-4:10-7:10-10:20 Sun 1:10-4:10-7:10-10:20 Mon-Thu 4:10-7:10-10:20 Star & Strollers Screening Thu 1
Bullett Raja (PG) No Passes Fri-Sun 12:50-4-7:15-10:30 No Passes Mon-Wed 4-7:15-10:30 No Passes Thu 1:05-4-7:15-10:30
Delivery Man (PG) Fri-Sun 12:20-2:50-5:20-8-10:40 Mon-Wed 5:20-7:55-10:35 Thu 1:30-4:20-10:35
Die Hard (14A) Thu 7
Frozen (G) No Passes Fri 1:25-4:15-6:50 No Passes Sat 10:30-1:25-4:15-6:50 No Passes Sun 1:25-4:15-6:50 No Passes Mon-Thu 4:15-6:50 Star & Strollers Screening, No Passes Thu 1
Frozen 3D (G) No Passes Fri-Sun 12-2:35-5:15-7:50-10:25 No Passes Mon-Wed 5:15-7:50-10:25 No Passes Thu 1:15-5:15-7:50-10:25
Homefront (14A) Fri 12:40-3:10-5:45-8:20-10:50 Sat 10:10-12:40-3:10-5:45-8:20-10:50 Sun 12:40-3:10-5:45-8:20-10:50 Mon-Wed 5:30-8:05-10:35 Thu 1:10-5:30-8:05-10:35
The Hunger Games: Catching Fire (PG) No Passes Fri 12-12:30-2-3:15-3:45-5:15-6:30-7-8:30-9:45-10:15 No Passes Sat 11-12-12:30-2-3:15-3:45-5:15-6:30-7-8:30-9:45-10:15 No Passes Sun 12-12:30-2-3:15-3:45-5:15-6:30-7-8:30-9:45-10:15 No Passes Mon-Wed 5-6:15-6:45-8:15-9:30-10 No Passes Thu 1:35-5-6:15-8:15-9:30-10 No Passes Fri 1-4:15-7:30-10:45 No Passes Sat 10-1-4:15-7:30-10:45 No Passes Sun 1-4:15-7:30-10:45 No Passes Mon-Thu 4-7:15-10:30
Jackass Presents: Bad Grandpa (14A) Fri-Wed 9:30 Thu 1:25-9:30
The Metropolitan Opera: The Nose - Encore (STC) Sat 12
Pipes & Sticks on Route 66 (PG) Sun 12:30
Ram-Leela (PG) Fri-Sat 12:10-3:30-6:55-10:10 Sun 3:50-6:55-10:10 Mon-Wed 6:20-9:50 Thu 1:30-9:50
Thor: The Dark World (PG) Fri 1:40 Sun 1:40 Thu 1:20
Thor: The Dark World 3D (PG) Fri-Thu 4:30-7:20-10:05

Landmark 7 Cinemas
111 Albert St. 3rd Floor
World Exchange Plaza

12 Years a Slave (14A) Dolby Stereo Fri 6-9 Dolby Stereo Sat-Sun 12-3-6-9 Dolby Stereo Mon 6-9 Dolby Stereo Tue 3-6-9 Dolby Stereo Wed-Thu 6-9
The Book Thief (PG) Dolby Stereo, No Passes Fri 6:45-9:45 Dolby Stereo, No Passes Sat-Sun 12:45-3:45-6:45-9:45 Dolby Stereo, No Passes Mon 6:45-9:45 Dolby Stereo, No Passes Tue 3:45-6:45-9:45 Dolby Stereo, No Passes Wed-Thu 6:45-9:45
Dallas Buyers Club (18A) Dolby Stereo, No Passes Fri 7-9:45 Dolby Stereo, No Passes Sat-Sun 1-4-7-9:45 Dolby Stereo, No Passes Mon 7-9:45 Dolby Stereo, No Passes Tue 4-7-9:45 Dolby Stereo, No Passes Wed-Thu 7-9:45
Delivery Man (PG) Dolby Stereo Fri 6:50-9:50 Dolby Stereo Sat-Sun 12:50-3:50-6:50-9:50 Dolby Stereo Mon 6:50-9:50 Dolby Stereo Tue 3:50-6:50-9:50 Dolby Stereo Wed-Thu 6:50-9:50
The Hunger Games: Catching Fire (PG) Dolby Stereo, No Passes Fri 6:30-9:30 Dolby Stereo, No Passes Sat-Sun 12:30-3:30-6:30-9:30 Dolby Stereo, No Passes Mon 6:30-9:30 Dolby Stereo, No Passes Tue 3:30-6:30-9:30 Dolby Stereo, No Passes Wed-Thu 6:30-9:30
Oldboy (18A) Dolby Stereo Fri 6:15-9:15 Dolby Stereo Sat-Sun 12:15-3:15-6:15-9:15 Dolby Stereo Mon 6:15-9:15 Dolby Stereo Tue 3:15-6:15-9:15 Dolby Stereo Wed-Thu 6:15-9:15
Thor: The Dark World (PG) Dolby Stereo Fri 6:45-9:45 Dolby Stereo Sat-Sun 12:45-3:45-6:45-9:45 Dolby Stereo Mon 6:45-9:45

Mayfair Theatre
1074 Bank St.

The Beyond (STC) Fri 11:45 Sun 8:45
Fight Like Soldiers, Die Like Children (PG) Wed 7
Lee Daniels' The Butler (14A) Fri 7 Sat-Sun 6 Mon 7 Tue 9:30
The Punk Syndrome (STC) Fri 9:45 Sat 8:45
Runner Runner (14A) Mon 8:45 Wed-Thu 9:30
Super Secret Saturday Night Sinema (STC) Sat 10:45
Warren Miller's Ticket to Ride (STC) Thu 6:30

Rainbow Cinemas
St. Laurent Centre
1200 St. Laurent Blvd.

All Is Lost (PG) Fri-Thu 10:10-6:45-9
Cloudy With a Chance of Meatballs 2 (G) Fri-Thu 10-12:05-2:15-4:30
The Counselor (14A) Fri-Thu 10:40-1:10-4-6:50-9:15
Despicable Me 2 (G) Fri-Thu 12:20-2:25-4:35
Escape Plan (14A) Fri-Thu 12:15-4:40-9:05
The Impossible (PG) Sat 7
Jackass Presents: Bad Grandpa (14A) Fri-Sat 10:20-2:40-7:05 Sun-Mon 2:40 Tue 10:20-2:40-7:05 Wed 2:40 Thu 10:20-2:40-7:05 Open Captioned Sun-Mon 10:20-7:05 Open Captioned Wed 10:20-7:05
Lee Daniels' The Butler (14A) Fri-Thu 10:05-7:25
Monsters University (G) Fri-Thu 12:40-2:50-5:05
Rush (14A) Fri 6:35-9:10 Sat 9:10 Sun-Thu 6:35-9:10

South Keys
2214 Bank St.

The Book Thief (PG) Fri 10:25-1:20-4:10-7:05-10 Sat 1:20-4:10-7:05-10 Sun-Thu 10:25-1:20-4:10-7:05-10
Captain Phillips (14A) Fri-Thu 9:30
Delivery Man (PG) Fri 11:20-2:10-4:50-7:30-10:05 Sat 2:10-4:50-7:30-10:05 Sun-Thu 11:20-2:10-4:50-7:30-10:05
Free Birds (G) Fri-Thu 10:35-12:40-2:50-5-7:15
Frozen (G) No Passes Fri-Thu 10:40-1:15-3:50-6:20
Frozen 3D (G) No Passes Fri-Thu 11:25-2:05-4:40-7:20-9:55
Gravity 3D (PG) Fri-Thu 12:20-2:35-5:05-7:35-9:50
Homefront (14A) Fri-Thu 12:10-2:40-5:15-7:50-10:20
How to Train Your Dragon (PG) Sat 11
The Hunger Games: Catching Fire (PG) No Passes Fri-Thu 10:30-11:30-12-12:30-1:30-2:45-3:15-3:45-4:45-6-6:30-7-8-9:15-9:45-10:15
Last Vegas (PG) Fri-Thu 9
The Metropolitan Opera: The Nose - Encore (STC) Sat 12
Thor: The Dark World (PG) Fri 10:50-1:40 Sun-Thu 10:50-1:40
Thor: The Dark World 3D (PG) Fri-Thu 4:25-7:25-10:10

Canadian Museum of civilization
100 rue Laurier

Les Dauphins (STC) Thu 10
Flight of the Butterflies 3D (STC) Tue 1 Thu 12
Greece: Secrets of the Past (STC) Thu 1
Jerusalem (STC) Fri 12-2-6 Sat 12-2-8 Sun 12-2-6 Mon 12-2 Tue 12-2-6 Wed 11-2-6 Thu 8 Fri 4-8 Sat 4-6 Sun 4 Tue 4 Wed 1-4 Thu 4-6
Kenya 3D: Animal Kingdom (STC) Fri 3-5 Sat 11-3-5-7 Sun 11-3-5 Mon-Tue 11 Wed 12-3-5 Thu 3-5-7 Fri 1-7 Sat-Mon 1 Tue 3-5-7 Wed 7
L' incroyable voyage des papillons 3D (STC) Thu 11
Mummies: Secrets of the Pharaohs (STC) Fri 11 1

Cinéma des Galeries d'Aylmer
400 boul. Wilfrid-Lavigne

Les Beaux jours (G) Fri 1 Wed 7
Delivery Man (G) Fri-Sun 3:30-7:10-9:30 Mon 7:10 Tue 3:30-7:10-9:30 Wed 9:30 Thu 7:10-9:30
Frozen 3D (STC) Fri-Sun 12:50-6:50-9:10 Mon 6:40 Tue 12:50-6:50-9:10 Wed-Thu 6:50-9:10
The Hunger Games: Catching Fire (G) Fri-Sun 12:40-3:40-6:40-9:40 Mon 6:40 Tue 12:40-3:40-6:40-9:40 Wed-Thu 6:40-9:40
La reine des neiges 3D (STC) Fri-Sun 12:50-6:50-9:10 Tue 12:50-6:50-9:10
Thor: The Dark World (G) Fri-Sun 1-3:20-7-9:20 Mon 7 Tue 1-3:20-7-9:20 Wed-Thu 7-9:20

Gatineau 9
120 boul. de l'Hôpital

Dallas Buyers Club (13+) Fri-Sun 12:20-6:45 Mon 6:45 Tue 12:20-6:45 Wed-Thu 6:45 Fri-Sun 3-9:20 Mon 9:20 Tue 3-9:20 Wed-Thu 9:20
Donneur anonyme (G) Fri-Sun 1:25-4:05-7:05-9:40 Mon 7:05-9:40 Tue 1:25-4:05-7:05-9:40 Wed-Thu 7:05-9:40
Le Démantèlement (G) Fri-Sun 1:10-3:45-7:20-9:45 Mon 7:20-9:45 Tue 1:10-3:45-7:20-9:45 Wed-Thu 7:20-9:45
Homefront (13+) Fri-Sun 3:50-9:05 Mon 9:05 Tue 3:50-9:05 Wed-Thu 9:05
The Hunger Games: Catching Fire (G) Fri-Sun 12:30-9:25 Mon 9:25 Tue 12:30-9:25 Wed-Thu 9:25
Hunger Games: L'embrasement (G) Fri 10:30-12:15-3:20-3:30-6:30-7-9:50 Sat-Sun 12:15-3:20-3:30-6:30-7-9:50 Mon 6:30-7-9:50 Tue 12:15-3:20-3:30-6:30-7-9:50 Wed-Thu 6:30-7-9:50
Protection (13+) Fri-Sun 1:15-6:45 Mon 6:45 Tue 1:15-6:45 Wed-Thu 6:45

La reine des neiges (G) Fri-Sun 3:40 Tue 3:40
La reine des neiges 3D (STC) Fri-Sun 1-7:10-9:35 Mon 7:10-9:35 Tue 1-7:10-9:35 Wed-Thu 7:10-9:35
Thor: Un monde obscur 3D (G) Fri-Sun 1:20-4-7:15-9:40 Mon 7:15-9:40 Tue 1:20-4-7:15-9:40 Wed-Thu 7:15-9:40
La voleuse de livres (G) Fri-Sun 12:45-3:35-6:50-9:30 Mon 6:50-9:30 Tue 12:45-3:35-6:50-9:30 Wed-Thu 6:50-9:30

StarCité Hull

115 boul. du Plateau

The Book Thief (G) Fri-Sun 1-4-7-10 Mon 7-10 Tue 1-4-7-10 Wed-Thu 7-10
Delivery Man (G) Fri-Sun 12:15-2:45-5:15-7:45-10:15 Mon 7:45-10:15 Tue 12:15-2:45-5:15-7:45-10:15 Wed-Thu 7:45-10:15
Dragons (G) Sat 11
Le Démantèlement (G) Fri 11:35-2:10-4:45-7:20-9:55 Sat 4:45-7:20-9:55 Sun 11:35-2:10-4:45-7:20-9:55 Mon 7:20-9:55 Tue 11:35-2:10-4:45-7:20-9:55 Wed 7:20-9:55 Thu 9:55
Frozen (G) No Passes Fri-Sun 11:30-2:05-4:40-7:15-9:50 No Passes Mon 7:15-9:50 No Passes Tue 11:30-2:05-4:40-7:15-9:50 No Passes Wed-Thu 7:15-9:50
Homefront (13+) Fri-Sun 1-3:25-5:50-8:15-10:40 Mon 8-10:25 Tue 12:45-3:10-5:35-8-10:25 Wed-Thu 8-10:25
How to Train Your Dragon (G) Sat 11
The Hunger Games: Catching Fire (G) No Passes Fri-Sun 12-12:30-3:15-3:45-6:30-7-9:45-10:15 No Passes Mon 6:15-6:45-9:30-10 No Passes Tue 11:45-12:15-3-3:30-6:15-6:45-9:30-10 No Passes Wed-Thu 6:15-6:45-9:30-10 No Passes Fri-Sun 1-4:15-7:30-10:45 No Passes Mon 7:15-10:30 No Passes Tue 12:45-4-7:15-10:30 No Passes Wed-Thu 7:15-10:30 Star & Strollers Screening, No Passes Thu 1:30
Hunger Games: L'embrasement (G) No Passes Fri-Sun 12:15-12:45-3:30-4-6:45-7:15-10-10:30 No Passes Mon 6:30-7-9:45-10:15 No Passes Tue 12-12:30-3:15-3:45-6:30-7-9:45-10:15 No Passes Wed-Thu 6:30-7-9:45-10:15
Last Vegas (G) Fri-Thu 9:25
The Metropolitan Opera: The Nose - Encore (STC) Sat 12:55
Mission Dindons (G) Fri-Sun 12:25-2:40-4:55-7:10 Mon 7:10 Tue 12:25-2:40-4:55-7:10 Wed-Thu 7:10
Oldboy (16+) Fri-Sun 12:35-3:05-5:35-8:05-10:35 Mon 7:50-10:20 Tue 12:20-2:50-5:20-7:50-10:20 Wed-Thu 7:50-10:20
La reine des neiges (G) No Passes Fri-Sun 12 No Passes Tue 12 No Passes Thu 1
La reine des neiges 3D (STC) No Passes Fri-Sun 2:35-5:10-7:45-10:20 No Passes Mon 7:45-10:20 No Passes Tue 2:35-5:10-7:45-10:20 No Passes Wed-Thu 7:45-10:20
Thor: The Dark World (G) Fri-Sun 12:10 Tue 12:10
Thor: The Dark World 3D (G) Fri-Sun 2:40-5:10-7:40-10:10 Mon 7:40-10:10 Tue 2:40-5:10-7:40-10:10 Wed-Thu 7:40-10:10
Thor: Un monde obscur (G) Fri-Sun 11:40 Tue 11:40
Thor: Un monde obscur 3D (G) Fri-Sun 2:10-4:40-7:15-9:45 Mon 7:10-9:40 Tue 2:10-4:40-7:10-9:40 Wed-Thu 7:10-9:40
Violette (STC) Fri-Sun 12:45-3:45-6:45-9:45 Mon 6:45-9:45 Tue 12:45-3:45-6:45-9:45 Wed-Thu 6:45-9:45

Barrhaven Cinemas

131 Riocan Dr.

Delivery Man (PG) Fri 7:30-10:10 Sat-Sun 11:40-2:10-4:50-7:30-10:10 Mon-Thu 5:10-7:40
Frozen (G) No Passes Sat-Sun 11:30-2:05
Frozen 3D (G) No Passes Fri 7:20-9:55 No Passes Sat-Sun 4:45-7:20-9:55 No Passes Mon-Thu 5:15-7:45
Gravity 3D (PG) Fri 7:25-9:40 Sat-Sun 12:20-2:50-5:10-7:25-9:40 Mon-Thu 5:20-7:35
Homefront (14A) Fri 7:50-10:25 Sat-Sun 12:10-2:40-5:15-7:50-10:25 Mon-Thu 5:15-7:50 Star & Strollers Screening Thu 1
How to Train Your Dragon (PG) Sat 11
The Hunger Games: Catching Fire (PG) No Passes Fri 6:15-7-9:30-10:15 No Passes Sat-Sun 11:30-12:30-2:45-3:45-6:15-7-9:30-10:15 No Passes Mon-Thu 4:45-7-8 Star & Strollers Screening, No Passes Thu 1
Thor: The Dark World (PG) Sat-Sun 1:50
Thor: The Dark World 3D (PG) Fri 7:10-9:50 Sat-Sun 4:30-7:10-9:50 Mon-Thu 5-7:50

SilverCity, 2385 City Park Dr.

12 Years a Slave (14A) Fri-Thu 12:55-4:05-7:15-10:20
About Time (14A) Fri-Thu 9:35
The Book Thief (PG) Fri-Thu 12:50-4-7:05-10:05
Delivery Man (PG) Fri-Tue 11:50-2:25-5:05-7:45-10:30 Wed 5:05-7:45-10:30 Thu 11:50-2:25-5:05-7:45-10:30
Star & Strollers Screening Wed 1
Die Hard (14A) Thu 7
Ender's Game (PG) Fri-Thu 1:20-6:50
Frozen (G) No Passes Fri 1:40-4:20-6:55 No Passes Sat-Sun 11:05-1:40-4:20-6:55 No Passes Mon-Thu 1:40-4:20-6:55
Frozen 3D (G) No Passes Fri-Sat 11:55-2:35-5:15-7:55-10:35 No Passes Sun 2:35-5:15-7:55-10:35 No Passes Mon-Thu 11:55-2:35-5:15-7:55-10:35
Gravity 3D (PG) Fri 12:25-2:50-5:10-7:40-10 Sat 5:10-7:40-10 Sun-Thu 12:25-2:50-5:10-7:40-10
Homefront (14A) Fri-Thu 12:35-3:10-5:45-8:20-10:50
How to Train Your Dragon (PG) Sat 11
The Hunger Games: Catching Fire (PG) No Passes Fri 12-12:30-2:10-2:45-3:15-3:45-5:25-6-6:30-7-8:45-9:15-9:45-10:15 No Passes Sat 10:55-11:30-12-12:30-2:10-2:45-3:15-3:45-5:25-6-6:30-7-8:45-9:15-9:45-10:15 No Passes Sun 11:30-12-12:30-2:10-2:45-3:15-3:45-5:25-6-6:30-7-8:45-9:15-9:45-10:15 No Passes Mon-Thu 12-12:30-2:10-2:45-3:15-3:45-5:25-6-6:30-7-8:45-9:15-9:45-10:15
The Hunger Games: Catching Fire — The IMAX Experience (PG) No Passes Fri-Thu 1-4:15-7:30-10:45
Last Vegas (PG) Fri-Thu 4:10-9:40
The Metropolitan Opera: The Nose - Encore (STC) Sat 12
Oldboy (18A) Fri-Thu 12:20-3-5:30-8:05-10:40
Philomena (PG) Fri-Tue 12:10-2:40-5:20-7:50-10:25 Wed 5:20-7:50-10:25 Thu 12:10-2:40-5:20-7:50-10:25 Star & Strollers Screening Wed 1
Thor: The Dark World (PG) Fri-Thu 1:35
Thor: The Dark World 3D (PG) Fri-Wed 4:25-7:20-10:10 Thu 4:25-10:10

Landmark Theatres Orleans 6 Cinemas 3752 Innes Rd.

About Time (14A) Digital, Dolby Stereo Digital Fri-Sun 9:15 Digital, Dolby Stereo Digital Mon 9:20 Digital, Dolby Stereo Digital Tue 9:15 Digital, Dolby Stereo Digital Wed-Thu 9:20
The Book Thief (PG) Digital, Dolby Stereo Digital, No Passes Fri 3:10-6:15-9:20 Digital, Dolby Stereo Digital, No Passes Sat-Sun 12:10-3:10-6:15-9:20 Digital, Dolby Stereo Digital, No Passes Mon 6:10-9:10 Digital, Dolby Stereo Digital, No Passes Tue 12:10-3:10-6:15-9:20 Digital, Dolby Stereo Digital, No Passes Wed-Thu 6:10-9:10
Delivery Man (PG) Digital, Dolby Stereo Digital Fri 4:15-7:10-9:50 Digital, Dolby Stereo Digital Sat-Sun 1:15-4:15-7:10-9:50 Digital, Dolby Stereo Digital Mon 6:50-9:45 Digital, Dolby Stereo Digital Tue 1:15-4:15-7:10-9:50 Digital, Dolby Stereo Digital Wed-Thu 6:50-9:45
Frozen (G) Digital, Dolby Stereo Digital, No Passes Fri 2:45-6:10 Digital, Dolby Stereo Digital, No Passes Sat-Sun 11:45-2:45-6:10 Digital, Dolby Stereo Digital, No Passes Mon 6:15 Digital, Dolby Stereo Digital, No Passes Tue 11:45-2:45-6:10 Digital, Dolby Stereo Digital, No Passes Wed-Thu 6:15
Frozen 3D (G) Dolby Stereo Digital, No Passes Fri 3:45-6:45-9:40 Dolby Stereo Digital, No Passes Sat-Sun 12:30-3:45-6:45-9:40 Dolby Stereo Digital, No Passes Mon 6:45-9:40 Dolby Stereo Digital, No Passes Tue 12:30-3:45-6:45-9:40 Dolby Stereo Digital, No Passes Wed-Thu 6:45-9:40
Homefront (14A) Digital, Dolby Stereo Digital Fri 3:20-7:20-10:20 Digital, Dolby Stereo Digital Sat-Sun 12:15-3:20-7:20-10:20 Digital, Dolby Stereo Digital Mon 7:10-10 Digital, Dolby Stereo Digital Tue 12:15-3:20-7:20-10:20 Digital, Dolby Stereo Digital Wed-Thu 7:10-10
The Hunger Games: Catching Fire (PG) Digital, Dolby Stereo Digital, No Passes Fri 3:30-7-10:30 Digital, Dolby Stereo Digital, No Passes Sat-Sun 12-3:30-7-10:30 Digital, Dolby Stereo Digital, No Passes Mon 6:30-9:50 Digital, Dolby Stereo Digital, No Passes Tue 12-3:30-7-10:30 Digital, Dolby Stereo Digital, No Passes Wed-Thu 6:30-9:50 Digital, Dolby Stereo Digital, No Passes Fri 3-4:30-6-6:30-8-9:30-10 Digital, Dolby Stereo Digital, No Passes Sat-Sun 11:30-1-2-3-4:30-6-6:30-8-9:30-10 Digital, Dolby Stereo Digital, No Passes Mon 6-7-8-9:15 Digital, Dolby Stereo Digital, No Passes Tue 11:30-1-2-3-4:30-6-6:30-8-9:30-10 Digital, Dolby Stereo Digital, No Passes Wed-Thu 6-7-8-9:15
Thor: The Dark World (PG) Digital, Dolby Stereo Digital Fri 7:30 Digital, Dolby Stereo Digital Sat-Sun 12:45-7:30 Digital, Dolby Stereo Digital Mon 6:20 Digital, Dolby Stereo Digital Tue 12:45-7:30 Digital, Dolby Stereo Digital Wed-Thu 6:20
Thor: The Dark World 3D (PG) Dolby Stereo Digital Fri-Sun 4-10:15 Dolby Stereo Digital Mon 9:30 Dolby Stereo Digital Tue 4-10:15 Dolby Stereo Digital Wed-Thu 9:30

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The future of cinema (starring you)

Choose your adventure.
Meet the companies ready to cast you in a live movie experience

SAM CASTONE
Metro World News

Casablanca HANSON LEATHERBY

Shawshank FUTURE CINEMA

Prometheus FOX

Sleep No More PUNCHDRUNK

Ghostbusters LAURA LITTLE

The Drowned Man PUNCHDRUNK

You're walking down a dark metallic corridor, the disorienting sounds of machinery, attack alarms and soldiers in lockstep blaring from the room ahead. A minute ago, you were some hipster after work, three beers in. But now you're wearing a jumpsuit and traversing what appears to be a massive spaceship.

You see marines in zero-G gear, a decontamination room and a massive recon vehicle, 20 feet tall, surrounded by dry ice. It's like something out of Alien. No, rather, this is Alien. Or more specifically, the Alien spin-off Prometheus. And you're starring in it. Your living movie has just begun.

The above describes an event last year thrown by Secret Cinema, an arm of Future Cinema, the company that calls itself a "live cinema." It's part of a trend of immersive experiences around the world. The goal is participation, and Hollywood is listening: anything that peels you away from Netflix, and gets you to pay more, tends to do that.

"I see it as riding the edge of culture," Future Cinema founder Fabien Riggall told Wired last year. He has since declined interview requests, for fear he's revealed too much — Secret Cinema generates buzz by keeping the films themselves secret, hence the name. But we've been. After buying a ticket online ($60 and up), you're sent mysterious instructions about where to go and what costume to wear, but nothing more.

Then, after entering, you realize the abandoned office building is a living Brazil, the 1940s theatre is Rick's Café from Casablanca and the broken-down school is Shawshank Prison — you roam the spaces while drinking, playing games and being approached by actors, who might send you on missions (or devour you, if it's Prometheus). Then you finally watch the movie in situ.

Prometheus earned the company $1.1 million US, beating out the local IMAX, and had the blessing of director Ridley Scott, who introduced the film, via video, and donated props (that recon vehicle was real). The company's Shawshank Redemption experience reportedly raked in $2.7 million US. Yeah, people paid to pretend to be in jail.

Despite its cool cred, Future Cinema wasn't the first to be so bold. That honour goes to Punchdrunk, a British theatre company around since 2000. Their current productions include Sleep No More, an interactive adaptation of Macbeth, in New York, and The Drowned Man, in London, in which you wander through several warehouse floors of a noirish Los Angeles — a living, breathing, sepia-toned Grand Theft Auto, where every fairground, movie studio and bedroom has been constructed to the finest detail.

"We want to almost place the audience in an atmosphere where they're witnessing living films," says Felix Barrett, Punchdrunk's artistic director. "When we're directing it, we talk about wide shots and close-ups and we encourage each of the performers to imagine that they're heroes of their own movie."

The result is a choose-your-own adventure: you could end up following the town drunk for an hour, as he gets kicked out of the local diner; or watch the narrative, an adaptation of Woyzeck, that trails from room to room — or end up at the bar, enjoying a burlesque performer and happily (or anxiously) missing the "real show."

"We want to make theatre dangerous again so that you're out of your comfort zone," Barrett says. (How dangerous? With all the dark corners, we couldn't help but ask if he's caught anyone ... you know, interacting. "Ahhhh, we've caught people red-handed," he says. "We've had people who think they're performing and the lines blur too deeply.")

What's next? Future Cinema is planning a worldwide expansion, having just attempted events in New York, London and Greece. And Barrett plans to take his fake world experience into the real one. Imagine this: "You book a holiday. You get a date, a locker and a key for the airport and you open your locker and you find out where you're flying to. You're given one instruction — say a café to go to — and then the show has begun and it's a completely surreal world — and you don't know who is a performer and who isn't." You saw The Game. Now live it.

By the numbers

$2.1M

The amount Future Cinema reportedly made on its Shawshank Redemption event.

The zombie mall experience

Arrive at an abandoned mall in Reading, England, and — boom — the door slams shut. There's a zombie outbreak and it's up to you to stop it. Using real BB guns to shoot fake zombies, this has you living Dawn of the Dead. See zedevents.co.uk.

Second Screen Live

"Bring your iPad with you to the movie," reads a poster for Disney's re-release of The Little Mermaid. You can sing along and play games with help from the second screen. It's for film fans "open to the communal experience," and it worked well for The Nightmare Before Christmas.

The film location tour

See Amelie's apartment, The Motorcycle Diaries' motorcycle and the bookshop from Notting Hill, along with other film locations in New York, California, Italy, Peru, Scotland and Tokyo — 20 in total. The $300,000 US price tag includes round-trip airfare, hotels and guided tours. See veryfirstto.com.

Far from Broken, a musical affair continues

Interview. Brian Burton and James Mercer are back with a falsetto-filled second album After the Disco

RICHARD PECKETT
Metro World News

The band Broken Bells is the guilty pleasure of super-producer Brian Burton, a.k.a. Danger Mouse (one-half of Gnarls Barkley), and James Mercer, lead singer of avant-garde indie four-piece The Shins. Ironically, the Bells is where Mercer and Burton go for their R & R away from the industry. But rather than coming back with flawless skin, the U.S.-based artists have produced an experimental collection of genre-busting tracks.

"The record reflects the hangover or comedown after the party," says Danger Mouse of their second album After the Disco, due out Jan. 14.

Metro sat down with the duo in an East London hotel to chat the bizarre Bee Gees sound, psychedelic experiences and why the band is a pressure-free passion.

How long did it take you to put this record together?
Brian Burton: Overall, this record took eight weeks.
James Mercer: It's crazy, man. Halfway through I was thinking "It's kind of done." We had a record — I was shocked.

James, you said in an interview: "We need to do another record, for sure. It's fun. I think (Danger Mouse) enjoys it, too. It's like a vacation — although I don't want my wife to know that!" Does it feel like an affair of sorts?
Mercer: (Laughs) Like a musical affair or something — you get to run off. The thing that's cool about it is that we share the burden of all the creative parts. There's nowhere near the pressure that I feel doing something like The Shins or like Brian would feel doing a record on his own. It feels like I'm not working; it's not this laborious, tedious thing, so you do sort of feel guilty in a way.

You're both independently successful, so is this partnership more about the music (a kind of vanity project) than about commercial success?
Burton: We genuinely want to make the best s—t we can possibly make — there is ambition involved. We want to do something that's new and different and that could be really successful. I want this to be the most successful thing that I've been a part of. It just happens to be something that's not as torturous.

I'm not the only one to point out that there's a bit of a Bee Gees feel to the latest release. Were they an influence?
Mercer: It is kind of coincidental. We saw it too. I was in the vocal booth just tracking and doing a falsetto and that's what came out. I was doing track after track when I came into the control room and heard it played back with all those layers — that's the Bee Gees and that's how they did it.

Will you be getting the tight white suits out?
Mercer: (Laughs) I need a feathered wig. I can't grow the hair.

The video is kind of psychedelic and a bit trippy. Were you drinking mushroom tea at the time of making the video?
Mercer: (Laughs) We love psychedelic music and I'm not sure whether it's because I've taken psychedelic drugs or not. Maybe it's just coincidental.
Burton: Psychedelic music is just experimental with melodies. It hooks you in with things you can repeat or sing.

The band Broken Bells are back for more. CONTRIBUTED

A big deal

Is this a concerted effort to make Broken Bells more of a big deal?

- **Mercer was quoted as saying:** "We want to have a bigger sort of show. We want to have something impressive happening and we'll see how it works. It'll depend on whether people are loving the record and how big the record gets dictates how much we're willing to put in."

Have an affair

"Like a musical affair or something – you get to run off. The thing that's cool about it is that we share the burden of all the creative parts. There's nowhere near the pressure that I feel doing something like The Shins."
James Mercer
Talking about making this album

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Avril Lavigne talks Chad Kroeger, getting wasted and her new album

Interview. The pop-rock princess opens up about her new husband, their courtship and cleaning up some of her lyrics

PAT HEALY
Metro World News

On the cover of Avril Lavigne's newly released self-titled album, she looks all grown up, with a stern expression and dark makeup framing her eyes. But the first thing she sings on the album is the line "I don't care about my makeup," so it's probably best to pay heed to the age-old advice of not judging a book by its cover. Within Avril Lavigne is a whole bunch of fun anthemic pop that she'll be the first to tell you, doesn't really get too deep within Avril Lavigne. Sophisticated stuff, this is not, but there seems to be a friction on the album between the impulse to try to preserve her youth and the impulse to grow up. In conversation, Avril Lavigne is as laid back and self-assured as any of her songs would lead you to believe.

The feeling I get from this album is definitely a summer feel. It doesn't really seem very November to release an album with tracks like Bitchin' Summer and Sippin' on Sunshine.
It's funny because I asked myself if this was going to just turn out to be a summer record. We were doing a lot of writing in the summer, and I wanted to have a summer song, you know, driving in the car, good feeling, good times. For about a week I was writing songs like that. But this album has Sippin' on Sunshine and Bitchin' Summer. And then Rock N Roll kind of does have summer feel to it. The record was supposed to come out earlier, but they changed the date on me three f—ing times.

You seem caught between the sentiment of Here's to Never Growing Up and actually growing up ...
It's really not that deep, musically. I like to be on stage, I like to write pop-rock songs. That's what everyone wants to hear from me, and that's when everyone goes ape-shit, with the fist-pumping and all. But there are different sides to me, I enjoy sitting down at the piano and telling this in-depth story and writing an emotional ballad (but also) I love rock music, so I have Bad Girl on this record and Hello Kitty, which has a grungy electronic feel. So the album is diverse and I wanted to write all different types of styles and moods.

There are a lot of mentions of getting wasted on this album too. I feel like you don't hear that referred to in such a straightforward way that much on pop radio.
(Laughs.)

Do you have people that are saying that they can't get your stuff on the radio because of the content?
There is a clean version and an explicit version. It's something I definitely think about, but then I have the opportunity to offer two options.

With this album, you collaborated a lot with your husband, Chad Kroeger. I've heard it referred to as a snapshot of your relationship's development. At what point in the creative process did you guys realize there was truly something there? At what part of writing and working together did you guys fall in love?
Well, we worked on the album and he was on tour. Then he left and then we worked again. We worked in different clumps. When I had actually taken a break after the tour, I moved to France on my own. Then he came out to visit me and that was our first time getting together without it being work-driven.

Did any songs come about from the courtship?
We have a duet on this record. That was the first one we worked on together. Then we also worked on a song called If I said That I Loved You, and it's a duet, it's unreleased.

Avril Lavigne makes no apologies for her pop-rock brand of music. GETTY IMAGES

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All hail the Internet

SOUND CHECK
Alan Cross
scene@metronews.ca

Let's all bow our heads and thank the Internet for the musical bounty that regularly washes up on our screens

God's Chorus of Crickets/Jim Wilson

This 1992 recording of crickets — yes, the insects — resurfaced recently. Turns out that when you slow down their chirping, angels appear to sing. It needs to be heard to be believed.

We Could Be Heroes/Dogs Sing for Cancer

Since cancer kills one in four dogs, a group of canines came together to sing this song to raise awareness of the problem. It'll melt your heart.

Bad Like That/ Hello Beautiful

Definitely the weirdest video I've seen this month. I can be summarized thusly: woman gives birth to Whitby band. Literally.

Handwritten Born to Run manuscript headed to auction

Music history. According to Sotheby's, the document has lots of unpublished and unrecorded material from Springsteen

A handwritten working manuscript of Bruce Springsteen's 1975 hit Born to Run will be offered at auction on Dec. 5, with a presale estimate of $70,000 to $100,000 US, Sotheby's said Wednesday.

The seller was not revealed. The auction house said the document used to be in the collection of Springsteen's former manager, Mike Appel.

Bruce Springsteen.
JOHN MINCHILLO/THE ASSOCIATED PRESS

Sotheby's said most of the lines in this 1974 version, written in Long Branch, N.J., are apparently unpublished and unrecorded, but the manuscript does include "a nearly perfected chorus."

Springsteen's thought process, written in blue ink on an 8 1/2-by-11 sheet of ruled notepaper, looks like this:

"This town'll rip the (out your) bones from yourback / it's a suicide trap (rap) (it's a trap to catchthe young) your dead unless / you get out (we gotto) while your young so (come on! / with) take my-hand cause tramps / like us baby we were born to run."

"The imagery and tone are constant from the present manuscript to the final song," the auctioneer said.

The document will be part of a Manhattan sale of fine books and manuscripts.

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Blythe Danner. ALL PHOTOS GETTY IMAGES

Dear riff-raff: Stop bugging my extraordinarily accomplished daughter

Blythe Danner wants everyone to leave her daughter, Gwyneth Paltrow, alone. "I feel she's just extraordinarily accomplished in every area, and people don't like that," Danner says in an interview with the blog Naughty But Nice Rob.

"Some people don't like that, people who are bored and sit on their asses all day and just tap away. I mean, I don't read any of it, I just find it disgusting. There is a coarsening of our culture today that is just so tragic."

Brad Pitt

Brad and Shia don't play well together

Brad Pitt and Shia LaBeouf apparently aren't having the best of times working together on the Second World War drama Fury, currently shooting in the U.K.

"They have very different styles of working and it's not mixing well on a personal level," a source tells Radar Online. "Brad loves to joke around with his young co-stars, and especially on a very serious war movie, he'd love to take the edge off by kicking back between scenes. But Shia wants to stay in character the whole time."

Australia

How Justin's new hobby is going over Down Under

An Australian hotel is declaring itself a graffiti Belieber, despite being at odds with the city government. QT Hotel in the Gold Coast said it gave Justin Bieber permission to spray graffiti on its wall. The Canadian singer and others posted images online showing cartoon faces in fluorescent paint on an outdoor wall at the hotel in Queensland state.

After hearing criticism, the hotel changed its Facebook page cover art Thursday to show Bieber, his graffiti and the declaration: "He asked, and we said YES."

The Gold Coast mayor Tom Tate says the singer risked undermining the city's efforts to fight graffiti. "The last thing we want is to have graffiti glorified and more young people thinking it's a cool thing to do," he said.

In a letter to the hotel, Tate asserted the city can insist on removal of graffiti in private spaces if it's visible from public spaces.

But in further posts on its Facebook page, QT Hotel defended Bieber as an excellent hotel guest and said it wanted to promote graffiti as an art form. It invited artists to share examples of their work to be judged, with select artists being offered a hotel wall they could spray-paint themselves.

Bieber performed in Brisbane on Wednesday and has more concerts in Sydney on Friday and Saturday.

The 19-year-old pop star arrived in Australia after a troubled Latin American tour.

He apologized to Argentinians after images appeared to show him dragging that country's flag across the stage with his feet. He quit one concert early after apparently contracting food poisoning, and police in Brazil want to question him about another graffiti incident there.

THE ASSOCIATED PRESS

Kanye West

I didn't tell nobody not to buy no Louis Vuitton nohow, Kanye clarifies

Kanye West wants to clarify his stance on Louis Vuitton. The rapper insists he never ordered his fans to boycott the fancy fashion brand — since it would be unnecessary. "It's a misconception that I said boycott Louis Vuitton," he said during an interview with NYC radio station 92.3 Now.

"You can't boycott Louis Vuitton. I wouldn't tell nobody to boycott a brand that ain't nobody even thinking about no more. Nobody thinking about buying no Louis Vuitton." The beef apparently started after the head of the label declined West's request for a meeting.

Ashton Kutcher and Demi Moore

Ashton and Demi are officially unhitched

After first separating in late 2011 and filing for divorce almost a year ago, Ashton Kutcher and Demi Moore have finalized their divorce, according to E! News. The papers were signed on Nov. 6 by Moore and on Nov. 14 by Kutcher, and according to the documents the parties have a written agreement about their shared property and neither will be receiving spousal support of any kind.

Twitter

@chelseahandler
I need auto correct for my mouth.

@JuddApatow
I feel like all modern technology in some form was introduced in the film Sleeper. Wasn't he doing online shopping?

@rihanna
Love the smell of NYC!

FretLight Guitar — $299 and up, clockwise, from left, LG SoundPlate — $499.99, Sony Walkman WH303 — $149.99, Mondo Wi-Fi Music Player — $179.99, Philips ShoqBox — $149.95, iPod Touch — $229 and up, SleepPhones — $39.95 and up, Skullcandy Crusher — $99.99.

Holiday gift guide

Don't fret music lovers

MIKE YAWNEY
For Metro

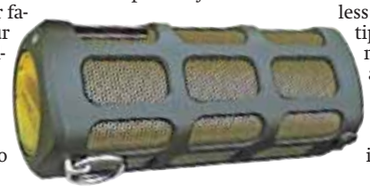
Music is the gift that keep on giving. Impress the audiophile in your life with one of these musical gadgets under the tree.

FretLight Guitar — $299 and up
Learn to play the guitar with a little high-tech help. LEDs light up the frets on this special guitar so you know exactly where to place your fingers. Download songs from your favourite artists or purchase entire sets of lessons. Available in acoustic and electric.

iPod Touch — $229 and up
There's a reason Apple's iPod remains the No. 1 MP3 player on the market. Beautiful design, gorgeous retina display and simple user interface make this a huge hit for all ages. Use it to store and play thousands of songs, or immerse yourself in the tens of thousands of apps.

LG SoundPlate — $499.99
This innovative speaker system sports a simple design, which doubles as a pedestal beneath your flat-screen TV. The 4.1-channel sound system comes with dual built-in subwoofers for rich, full sound while watching your favourite movies or TV shows. When your eyes get tired, enable the Bluetooth feature to listen to your favourite tunes from your phone or tablet. Available in December.

Philips ShoqBox — $149.95
Designed to withstand water and abuse, the ultra-durable ShoqBox is one for true road warriors. Two speaker drivers create loud, clear audio with the ability to pair two ShoqBoxes as left-right speakers. This unit doubles as a hands-free speaker for your phone.



Sony Walkman WH303 — $149.99
Headphones with a built-in MP3 player. Store up to 1,000 favourite songs with 4GB of internal storage, then decide how you want to listen to them. You can wear the headphones around your neck and let the built-in speakers pump out the tunes, or listen to your music privately with the headphones on your ears. A single charge will give you up to 20 hours of music enjoyment.

Skullcandy Crusher — $99.99
These headphones are designed with one thing in mind — bass. An adjustable bass slider will have music lovers fine-tuning their favourite tracks while an in-line mic on the cable lets you have phone conversations. These headphones are smart enough to turn on automatically when the tunes begin to play and turn off when not in use to preserve battery life.

Nuvo Wireless Music System — $229 and up
Spread music throughout the house. This system utilizes your home's Wi-Fi network to stream lossless level audio to multiple rooms. Supports music services such as Pandora, iTunes and SiriusXM satellite radio. This high-end system isn't cheap, but if you are an audiophile it's worth the hefty price tag of a complete system.

Mondo Wi-Fi Music Player — $179.99
Listen to radio stations from around the world. This Wi-Fi music player sports a beautiful 3.5-inch colour display that shows off station or album art as your favourite songs play. With more than 18,000 free radio stations to choose from there is always something to listen to.

SleepPhones — $39.95 and up
Pyjamas for your ears. These headphones are designed to play music while blocking light from your eyes to help you fall asleep faster. Play your favourite songs or download free full-length sleep tracks.

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Bailey & Bella microsuede beds, $49.99 to $79.99, available at Pet Valu, petvalu.com.

The Electrolux UltraCaptic lightweight, premium bagless vacuum, $599, available at major retailers, electrolux.ca.

The Dog Whisperer with Cesar Millan Oxford Canvas Gusset Dog Pillow, $34.99, available at Canadian Tire, canadiantire.ca.

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Gift cards give you the opportunity to tailor a gift and still let the recipient make the final choice. ANNA SUBBOTINA/SHUTTERSTOCK

Gift cards. To give or not to give, that is the question

MICHELLE WILLIAMS
For Metro

When it comes to giving gift cards, 90 per cent of Canadians either purchase or give gift cards in any given year.

And this number is rising, says Steve Dekker, managing director of Blackhawk Network Canada, the company that runs many of the gift card mall kiosks within retail outlets in Canada. Still, many people worry when it comes to giving a gift card, so we asked Dekker to address some common concerns.

Is it personal enough?

One of the biggest challenges for gift givers is finding just the right gifts. Gift cards for movies, restaurants, retailers or music give you the opportunity to tailor a gift and still let the recipient make the final choice.

I don't know what card they might like

Consider a Visa or Mastercard gift card. They might not be as personal, but the clear advantage is that they can be used anywhere. The disadvantage is there is an additional fee for these purchases.

I really like my friends and family to have a gift to open

Many people put gift cards into greeting cards or drop them into a stocking, but you can be more creative. Put them in small boxes and wrap them up or package them up with another gift so they can be unwrapped together.

I worry that the card may not work

The technology behind these cards is rock solid, but just in case, it's always wise to hold on to the activation receipt.

The card may expire before it's used up

There are consumer protection laws to prohibit expirations or additional fees.

I'm worried the card might be forgotten or get lost and never be redeemed

Typically, the faster you use the card, the less likely this is to happen. Keep your gift cards in a handy place so you don't forget you have them. Most cards can also be registered online with a retailer by the recipient, so if it's lost, you can get a replacement.

What if you don't want the card you're given?

You can exchange or even return unused cards online for a small fee. Check out cardswap.ca for more information.

Leave a festive impression

JANE DOUCET
For Metro

If you are stumped about what to get someone on your holiday gift-buying list, why not consider a festive plant?

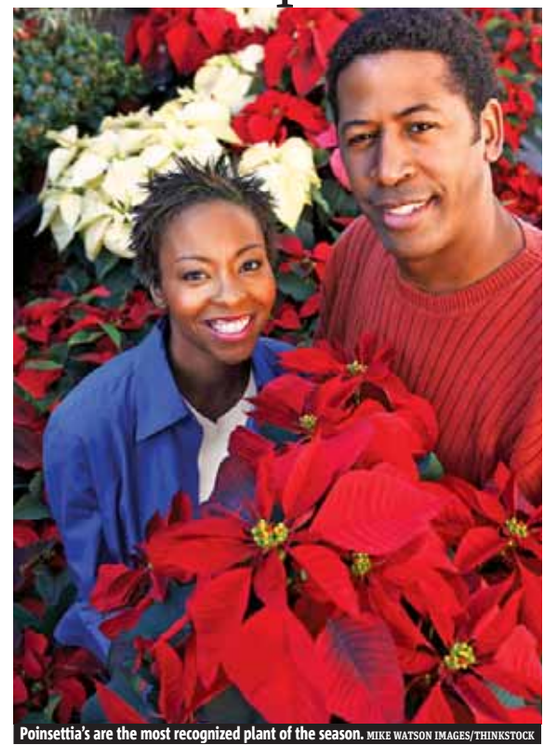
"A nicely wrapped plant in a decorative pot is a great gift for a tabletop," said Robin Godfrey, the owner of Lakeland Plant World in Dartmouth, N.S.

Godfrey describes three popular holiday house plants and how to care for them:

Poinsettia: Hands down, this is the most recognizable plant of the season.

"The poinsettia is the king of holiday plants," Godfrey said.

Traditionally sold with bright red and green leaves, which remains the consumer favourite, it also comes in many patterns and colours. The tropical greenhouse-grown plant comes in different sizes, too, from four to 12 inches. With proper care, a poinsettia can last until spring. Don't overwater it, but don't let it dry out completely, either. It does well in indirect light but won't thrive in a cold room.



Poinsettia's are the most recognized plant of the season. MIKE WATSON IMAGES/THINKSTOCK

Holly: With bright red berries against dark-green pointed leaves, holly is synonymous with winter and the holidays. Plus, it's the gift that keeps on giving.

"You can plant holly in the ground in the spring," Godfrey said.

Place it in well-drained, slightly acidic soil in full sun. If you want a bush with berries, keep in mind that most varieties have male and female plants, and that only the female shrub produces berries. So, in the spot where you would like to plant a holly bush with berries, you will need to plant a female variety and make sure that a male variety is planted nearby. If that's too complicated, try to find varieties that don't need a male plant in order to produce berries.

Christmas cactus: This year-round plant has flowers that hang from the ends of its leaves. It will adapt to low light conditions but will produce blooms more readily if exposed to brighter light (too much direct sunlight can burn its leaves, however). This cactus requires frequent and thorough watering, especially during its active growth in spring and summer. Allow the moisture to dry out some between watering but never completely, and never let the plant sit in water, which will lead to root and stem rot.

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Wreaths were traditionally hung on the front door, welcoming others to the home. Today, wreaths can be used in a variety of ways to add a festive touch during the holidays. STEPHEN COBURN/SHUTTERSTOCK

A welcome decor touch

MICHELLE WILLIAMS
For Metro

Hanging a wreath is one of the easiest ways to add a festive touch to your home's curb appeal and interior decor. Traditionally, wreaths were hung on the front door, welcoming others to the home. These days, you can use multiple wreaths and literally decorate for the holidays in minutes.

We've asked Brian Rattray, a Toronto-based Canadian Tire general manager, to share his top 10 tips and trends on decorating for the holiday with wreaths.

1 Sinamay wreaths are super stylish this season. Sinamay is mesh ribbon or fabric that comes in Christmas colours and patterns that loop, gather and twist into a beautifully full and fashionably wreath. They look great inside and out.

2 Dress up your front door with pre-lit wreaths. They look impressive at night and make your front door the focal point of your holiday decor.

3 Place a wreath in your holiday theme colours on the table as a centrepiece and use pillar candles to fill the centre.

4 Hang them on doors to give rooms a simple festive touch or take down a few pictures and hang wreaths in their place — they look especially impressive over a fireplace.

5 Keep it natural with pinecone wreaths, which go great inside and out with just about any decor.

6 For a modern aesthetic, silver-, gold- or copper-coloured wreaths are just the right touch.

7 Hang wreaths in your windows and they can be enjoyed inside and out.

8 Multiple wreaths that are similar or identical help create a theme for your indoor and outdoor decor and make decorating incredibly easy. Use two or three and you don't need anything else.

9 Don't go simple. The most popular wreaths for the holiday season are overstated — the more embellished, the better.

10 Circular wreaths are traditionally most popular, but think outside the box and consider a swag, square or teardrop shape instead.

Gift baskets. A delicious option

If you can't spend time with friends or family members this holiday season, there are still ways you can send your greetings and share your love.

What about selecting Christmas fruit baskets? It is one of the best gifts you can select for the season.

A fruit basket can convey your greeting and express your care towards the health of the ones you love. Missed family members and friends can gather around the table to celebrate the occasion and create memorable moments with your gift basket.

The ability of gift basket designers plays a role in making fruit baskets so demanding during the holiday season. The fruits are beautifully designed to make it look like a precious gift. Well-known online fruit gift delivery stores hand-pick the best and freshest fruits to make the gift royal, romantic and delicious at the same time.

A holiday gift basket can be a tasty option. DASHA PETRENKO/SHUTTERSTOCK

Go online and place the order within minutes. Select the gift basket and schedule your delivery date.

If you want to add a fresh taste to your Christmas celebrations, then this can be your time to send Christmas fruit baskets for your friends and the ones you love.

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Sensational seasonal scents

JANINE FALCON
For Metro

From lush florals to sexy, spicy scents, covetable perfumes for your lady loves.

Aerin Amber Musk, from a collection of modern scents inspired by Aerin Lauder's own touchstone moments and memories. $125 at Holt Renfrew and esteelauder.ca.

Armani Si, a sultry, intense scent with patchouli, vanilla, rose and woody notes; Giorgio Armani calls it his "tribute to modern femininity." $130 at Hudson's Bay.

Carven Le Parfum, a youthful, ultra-feminine bouquet of sweet pea, jasmine and ylang ylang grounded with woody notes. From $90 at Holt Renfrew.

Chloé Roses de Chloé, a fresh, warm, modern bouquet of rose and magnolia. $85 at Murale, Sephora, department stores and drugstores.

Clinique Calyx, the same distinctive vibrant and ground-breaking scent first launched by Prescriptives in 1986 now under the Clinique umbrella. From $62 at department stores and clinique.com.

Dolce & Gabbana Pour Femme Intense, a sexy, oriental floral of neroli, jasmine, tuberose and sandalwood. From $110 at department stores and Shoppers Drug Mart Beauty Boutiques.

Elizabeth Arden Untold, a warm, fruity floral with jasmine, black current and patchouli. From $75 at drug and department stores.

Estée Lauder Modern Muse, a striking "dual-impression" fragrance that appeals to some women as a lush floral, and to others as a sensual woody scent. From $65 at Hudson's Bay and esteelauder.ca.

Valentina Oud Assoluto, a decadent, heady scent of leather, rose, agarwood (oud), vanilla and dry woods. Limited edition, $148 at Holt Renfrew.

Fresh Life Eau de Parfum, inspired by dew-dampened grass, fresh morning breeze, the first rays of sunlight and cool, clear water. From $44 at Sephora.

Jo Malone London Saffron Cologne Intense, a spicy fragrance of golden saffron, pink peppercorn, incense and warm blond woods. $165 at Holt Renfrew.

Lancome Trésor Eau de Parfum Lumineuse, a softer, floral fruity interpretation of the original oriental floral Trésor. From $67 at drug and department stores, and lancome.ca.

Lancome Trésor Eau de Parfum Lumineuse, clockwise, from left, Dolce & Gabbana Pour Femme Intense, Fresh Life Eau de Parfum, Aerin Amber Musk, Armani Si, Jo Malone London Saffron Cologne Intense, Clinique Calyx, Estée Lauder Modern Muse, Chloé Roses de Chloé, Valentina Oud Assoluto, and Elizabeth Arden Untold.

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Holiday-themed games for kids

If you plan to throw a Christmas party for a group of children this year and you are stuck for game ideas, then here are some fun suggestions that will keep them truly entertained.

Simple, traditional party games can be adapted to suit a particular theme, so since it's a Christmas party you could adapt the following classic games into a Christmas theme:

Santa Says: This is just like Simon Says.

Snowman Freeze: When the music stops, children have to freeze and stand still like a snowman. The child who moves first is out until the last remaining child is left.

Pin The Tail On Rudolph: Play it like Pin The Tail On The Donkey, but adapted to pinning a big red nose on Rudolph.

Santa, Santa, Elf: Played like Duck, Duck, Goose, or you can choose other appropriate names if you prefer.

Pass The Christmas Gift Box: This is the same as Pass The Parcel, but wrap a box in Christmas paper and fill with pre-wrapped gifts for each child.

Play Pass The Candy Cane with a group of children. NICOLE S. YOUNG/ISTOCK/THINKSTOCK

Apart from the traditional style games, here are some other games and activities that can be fun to play.

Fill The Christmas Stocking Relay: Ideal for a larger group of children, this game involves splitting the kids into two teams. Hang up a couple of Christmas stockings and get two large bowls and fill them with sweets. The children have to scoop up sweets with a spoon, walk over to the stocking and fill it, then run back and give the spoon to the next child in the line. The team that fills up the stocking with the most sweets is the winner. You can use anything suitable to fill the stocking if you don't wish to use sweets.

Pass The Candy Cane: Form two groups of children into two lines. The children have to pass a candy cane to each other using one finger only. The first team to pass the candy cane up and down the line is the winning team.

Decorate A Cookie: Kids love cookie decorating, especially when they get to eat their creations. Make cookies beforehand into shapes such as snowmen, Christmas trees, gingerbread men and round Christmas puddings.

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DVD delights

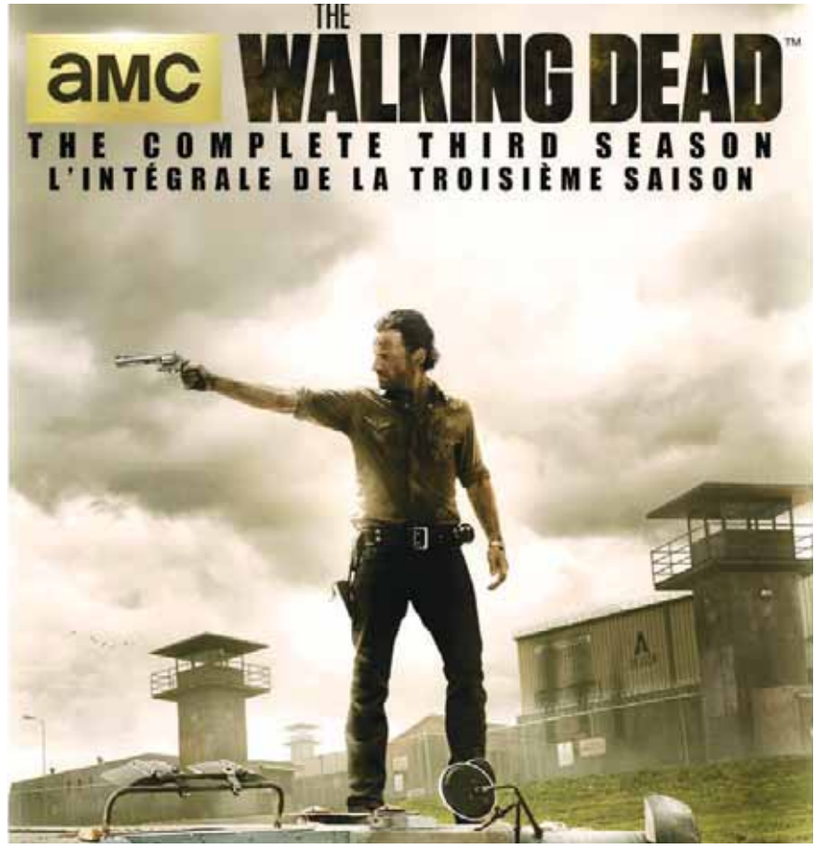
Settle down in front of the TV to enjoy some of these popular series and movies.

Turbo
With a great (voice) cast that includes Ryan Reynolds, Paul Giamatti, Michael Peña, Snoop Dogg, Maya Rudolf, Michelle Rodriguez and Samuel L. Jackson, this 3D comedy follows an underdog snail whose dreams kick into overdrive when he miraculously attains the power of super speed and enters the Indy 500. Available where DVDs and Blu-ray's are sold; $32.89 for Blu-ray on Amazon.ca.

Big Bang Theory, Season 6
Follow the antics of geeky physicists Sheldon Cooper and Leonard Hofstadter and their equally geeky friends. This popular American sitcom premiered in 2007. DVD $49.99, Blu-ray $59.99. Available at HMV — for a location near your visit hmv.ca.

Breaking Bad: The Complete Series
To provide for his family's future after he is diagnosed with lung cancer, a chemistry genius turned high school teacher teams up with an ex-student to cook and sell the world's purest crystal meth. This collectible replica money barrel contains every show along with special features and other commemorative items. $250 at Amazon.ca.

Walking Dead, Season 3
A sheriff leads survivors in search of safety after the zombie apocalypse. In Season 3, they find refuge in a prison ... but not for long. DVD $49.99, Blu-ray $59.99. Available at HMV — for a location near your visit hmv.ca.



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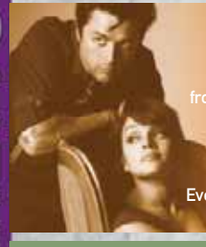

BILLIE JOE + NORAH
Foreverly
At first glimpse, the pairing of Green Day frontman, Billie Joe Armstrong, with adult jazz superstar and nine-time Grammy® winner, Norah Jones, seems oddball. However, one listen to this unlikely combo reciting the refrains captured originally on the classic Everly Brothers' 1958, *Songs Our Daddy Taught Us*, and it's apparent this duo is a natural fit.

BLUE RODEO
In Our Nature
Blue Rodeo returns to a familiar rootsy sound, with stellar songwriting from co-frontmen Jim Cuddy and Greg Keelor stealing the spotlight. Recorded on Greg's farm – the same setting used for the classic *5 Days In July – In Our Nature* is already being recognized as one of the band's finest recordings ever.

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Liquid Assets

Old school Austrian sips

LIQUID ASSETS
Peter Rockwell
@therealwineguy
liquidassets@eastlink.ca

After more than two decades of taking it on the chin from their New World counterparts, the winemakers of Europe are making a comeback. While France and Italy are seeing the biggest upsurge in popularity, Spain, Germany and Austria are harvesting the benefits of the growing interest in their juice.

Yes, I said Austria — a country I bet you didn't know has been making wine for more than four centuries. Impossible-to-pronounce regional names and grape varieties that are virtually Austrian exclusive haven't helped the cause.

Though reds make up about 30 per cent of the country's output, whites are Austria's claim to fame. Typically drier and zippier than those made by its German neighbours, whites with the Grüner Veltliner grape have made a modern name for themselves as a partner for Asian cuisine (think sushi).

With its Franz Ferdinand-esque label and phonetic first name; the Grooner 2012 Grüner Veltliner ($13.11 - $16.99) is a modern take on old-school Austria with citrusy fruit, balanced acidity and a clean, green finish.

PRICES REFLECT RANGE ACROSS COUNTRY. SOME PRODUCTS MAY NOT BE AVAILABLE IN ALL PROVINCES.

A modern take on a Hanukkah tradition

Three Root Vegetable Latkes. The perfect fall-inspired recipe

ROSE REISMAN
For more, visit rosereisman.com or follow her on twitter @rosereisman

Potato latkes are a traditional Jewish or Eastern European dish, especially served on Hanukkah. I wanted to make a healthy version, so I used a blend of root vegetables. Use the grater blade of a food processor to grate the veggies.

1. In a skillet sprayed with vegetable oil, add the oil, onions and garlic. Sauté on medium heat for 10 minutes until tender. Add the sugar and sauté another 5 minutes. Place in a mixing bowl.

2. Squeeze out the excess moisture from the grated vegetables.

Ingredients

- 2 tsp vegetable oil
- 2 cups diced onion
- 1 tsp crushed garlic
- 2 tsp brown sugar
- 2 cups grated peeled sweet potatoes
- 2 cups grated peeled baking potato
- 1 cup grated peeled parsnips
- 3 tbsp chopped fresh dill or 1 tsp dried
- 2 eggs
- pinch of salt and pepper
- 1 tbsp vegetable oil
- 1/2 cup tzatziki

This recipe serves six. MIKE MCCOLL, FROM THE BEST OF ROSE REISMAN (WHITECAP BOOKS)

Add the vegetables to the onion mixture along with the dill, eggs and salt and pepper.

3. Pat into 12 latkes. In two large non-stick skillets add 1 tbsp vegetable oil sauté on a medium heat the latkes for about 7 minutes per side or until vegetables are soft. Serve with the tzatziki.

Restrictions

Please be advised that this recipe may not meet all Jewish dietary or traditional requirements.

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Lions wide receiver Calvin Johnson dunks the football through the uprights after his 20-yard touchdown on Thursday in Detroit. Johnson had six receptions for 101 yards and his TD put the Lions up 24-10 early in the third quarter of a game they would go on to win 40-10. RICK OSENTOSKI/THE ASSOCIATED PRESS

Lions show 'special' side after lousy start

NFL. Lions bounce back to score 37 straight points against short-handed Packers

Matthew Stafford and Reggie Bush did their part to keep the Aaron Rodgers-less Green Bay Packers in the game.

Stafford turned the ball over a few times and Bush did once.

Instead of crumbling and losing confidence, both players bounced back and helped the Detroit Lions put together a dominant performance after an awful start.

Stafford threw three touchdown passes, including one to Calvin Johnson, Bush had 182 yards of offence and scored, and Detroit tallied 37 straight points to rout Green Bay 40-10 on Thursday.

On Thursday

Lions	Packers
40	10

"When we get out of our own way, we can be pretty special," Bush said.

Early on, it looked as if the Lions were going to find another way to waste chances to win a game and take control of the NFC North.

"It's easy when you lose a couple games in a row, particularly the fashion that we lost, for people to say, 'Here we go again,"' Detroit coach Jim Schwartz said. "I'm sure there were some people that were saying that, but they weren't on our sideline."

The Lions (7-5) had lost their last two games, five consecutive against Green Bay and a franchise-record nine straight in their annual showcase on U.S. Thanksgiving.

"It's a step in the right direction for us," Stafford said. "I'm sure the turkey will taste better." THE ASSOCIATED PRESS

Megatron reels in Rice

4,944

Detroit's Calvin Johnson now has 4,944 yards receiving in two-plus seasons, breaking Jerry Rice's NFL record for yards receiving in a three-year stretch. Rice had 4,850 yards receiving from 1993 to 1995.

NFL. DeMarco delights Dallas fans with TD troika

Cowboys running back DeMarco Murray runs the ball against the Oakland Raiders on Thursday afternoon in Dallas. RONALD MARTINEZ/GETTY IMAGES

DeMarco Murray did the finishing work for the Dallas Cowboys. Backup Lance Dunbar made his job a lot easier.

Murray ran for three touchdowns, Dunbar had a career-high 82 yards rushing and the Cowboys overcame Oakland's fumble return for a score on the opening kickoff to beat the Raiders 31-24 Thursday.

Murray had 63 yards rushing but did most of his damage near the goal line, including a seven-yard score to put Dallas ahead for good early in the fourth quarter.

Dunbar, who went out with a left knee sprain, sparked the tying and go-ahead touchdown drives in the second half, highlighted by a 45-yard run that led to a four-yard scoring pass from Tony Romo to Dez Bryant.

The Cowboys (7-5) moved two games above .500 for the first time since late last season. The Raiders (4-8) are guaranteed an 11th straight season without a winning record since going to the Super Bowl during the 2002 season. THE ASSOCIATED PRESS

Concussion lawsuit

Vaive wants name removed from lawsuit

Former Toronto Maple Leafs captain Rick Vaive has asked that his name be removed from the concussion lawsuit against the NHL.

Vaive's lawyer Trevor Whiffen claims the former 50-goal man wasn't provided with a copy of the claim beforehand and that he would not have agreed to the allegations made against the NHL had he been asked to review its contents. THE CANADIAN PRESS

HNIC's future

Cherry to talk Rogers deal on Coach's Corner

Don Cherry will wait until this weekend's Hockey Night in Canada to weigh in on the future of the flagship hockey broadcast.

CBC says that during his Coach's Corner segment Cherry will address this week's announcement that Rogers Communications has gained national broadcast and multimedia rights to all NHL games starting next hockey season.

The high-profile hockey commentator is also expected to discuss his possible role in the new Hockey Night in Canada. THE CANADIAN PRESS

NCAA men's basketball

Wiggins helps Jayhawks survive Wake Forest's second-half push

Canada's Andrew Wiggins scored 12 of his 17 points in the second half and No. 2 Kansas moved into the semifinals of the Battle 4 Atlantis, downing Wake Forest 87-78 on Thursday. THE ASSOCIATED PRESS

Andrew Wiggins is averaging 16.8 points on 58.5 per cent shooting with 6.3 rebounds im five games as a freshman. GETTY IMAGES FILE

Grey Cup MVP Kory Sheets headlines the list of free agent players.
JONATHAN HAYWARD/THE CANADIAN PRESS

Will the RedBlacks risk picks on free agents?

Expansion Draft. Travelling that route could result in players signing elsewhere after Feb. 15

An enticing list of perspective CFL free agents is out, but football fans shouldn't get carried away drawing up their wish lists just yet.

On Thursday, the CFL unveiled which players are slated to become free agents at noon EST on Feb. 15. Among them are Grey Cup MVP Kory Sheets and receivers Weston Dressler and Taj Smith, who all helped the Saskatchewan Roughriders defeat the Hamilton Tiger-Cats 45-23 in the league's championship game Sunday at Mosaic Stadium.

More than 120 players are scheduled to test the free-agent waters. The Winnipeg Blue Bombers have the most (23), including linebacker Henoc Muamba, the East Division's top Canadian this year.

The Calgary Stampeders, who posted a league-best 14-4 record, have 21 players with expiring contracts. Montreal and Saskatchewan are next with 19 each while the B.C. Lions have the fewest (six).

The reason for the abundance of potential free agents is simple. On Dec. 16, Ottawa RedBlacks GM Marcel Desjardins will select 24 players (eight imports, 16 Canadians) over three rounds to stock his expansion team. Desjardins will take eight imports in the first round before selecting eight Canadians in each of the final two.

The eight other CFL GMs can protect any of their players, including those heading into free agency. However, there's a challenge Ottawa faces taking unprotected prospective free agents. If they don't want to sign with the RedBlacks, they simply have to wait until Feb. 15, when they're able to join the teams of their choice.

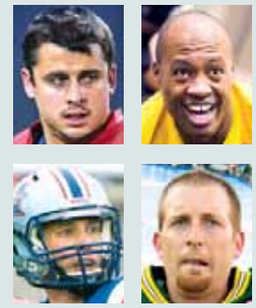
Another hurdle Ottawa faces is taking pending free agents who have re-signed with their former clubs before Dec. 16 but not registered the deal with the CFL. Being selected by the RedBlacks would give those players the unique opportunity to sign with the expansion squad because the deal with their former teams wouldn't have been sent to the league office.

However, Ottawa would hold exclusive negotiating rights to the pending free agents until Feb. 15. Once the players became free agents they could register their pre-arranged contracts with the CFL to make them legal and binding. THE CANADIAN PRESS

QB targets

Ottawa is scheduled to return to the CFL next season and the club's biggest off-season question is who will play quarterback.

- Free-agent possibilities include, clockwise from top left, Toronto's Zach Collaros, Hamilton's Henry Burris, Edmonton's Matt Nichols and Montreal's Josh Neiswander.



NHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Boston	25	16	7	2	69	52	34
Tampa Bay	25	16	8	1	76	63	33
Detroit	26	12	7	7	69	71	31
Montreal	25	14	9	2	67	52	30
Toronto	25	14	9	2	71	66	30
Ottawa	25	10	11	4	74	81	24
Florida	26	7	14	5	58	86	19
Buffalo	26	5	20	1	45	82	11

METROPOLITAN DIVISION

	GP	W	L	OL	GF	GA	Pt
Pittsburgh	26	16	9	1	78	63	33
NY Rangers	25	13	12	0	53	61	26
Washington	25	12	11	2	76	74	26
Carolina	25	10	10	5	53	70	25
New Jersey	25	9	11	5	53	62	23
Philadelphia	24	10	12	2	52	60	22
Columbus	25	9	13	3	62	75	21
NY Islanders	25	8	14	3	70	85	19

Thursday's results
Vancouver at Ottawa
Edmonton at Nashville
Wednesday's results
Nashville 4 Columbus 0
Winnipeg 3 NY Islanders 2
Ottawa 6 Washington 4
Montreal 3 Buffalo 1
Carolina 4 New Jersey 3
NY Rangers 5 Florida 2
Tampa Bay 4 Philadelphia 2
Pittsburgh 6 Toronto 5 (SO)
Detroit 6 Boston 1
Phoenix 3 Minnesota 1
St. Louis 4 Colorado 1
Chicago 3 Calgary 2
San Jose 3 Los Angeles 2 (SO)
Friday's games
All Times Eastern
Winnipeg at Philadelphia, 11:30 a.m.
NY Rangers at Boston, 1 p.m.
Pittsburgh at Tampa Bay, 4 p.m.
Detroit at NY Islanders, 4 p.m.
St. Louis at San Jose, 4 p.m.
Calgary at Anaheim, 4 p.m.
Montreal at Washington, 5 p.m.
Colorado at Minnesota, 6 p.m.
Edmonton at Columbus, 7 p.m.
New Jersey at Carolina, 7 p.m.
Toronto at Buffalo, 7:30 p.m.
Chicago at Dallas, 8:30 p.m.

WESTERN CONFERENCE

CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
Chicago	26	18	4	4	95	73	40
St. Louis	24	18	3	3	86	51	39
Colorado	23	17	6	0	70	49	34
Minnesota	26	15	7	4	65	61	34
Nashville	25	13	10	2	60	69	28
Winnipeg	27	12	11	4	72	78	28
Dallas	23	12	9	2	67	68	26

PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
San Jose	24	16	3	5	82	54	37
Anaheim	27	17	7	3	83	71	37
Los Angeles	26	16	6	4	69	56	36
Phoenix	25	15	6	4	83	79	34
Vancouver	26	12	9	5	67	68	29
Calgary	24	8	12	4	66	87	20
Edmonton	25	7	16	2	65	89	16

Note: Two points for a win, one point for overtime loss.

Saturday's games
Vancouver at NY Rangers, 2 p.m.
Columbus at Boston, 7 p.m.
Pittsburgh at Florida, 7 p.m.
Buffalo at New Jersey, 7 p.m.
Toronto at Montreal, 7 p.m.
Washington at NY Islanders, 7 p.m.
Philadelphia at Nashville, 8 p.m.
Chicago at Phoenix, 8 p.m.
Minnesota at Colorado, 9 p.m.
Calgary at Los Angeles, 10 p.m.
Anaheim at San Jose, 10:30 p.m.

SCORING LEADERS

	G	A	Pt
Crosby, Pgh	13	20	33
Steen, StL	20	10	30
Zetterberg, Det	11	19	30
Malkin, Pgh	6	24	30
Tavares, NYI	11	18	29

Not including last night's games

MLS PLAYOFFS

CHAMPIONSHIP

MLS CUP

Saturday, Dec. 7
Kansas City vs. Salt Lake, 4 p.m., EST

NFL

WEEK 12
Thursday's results
Detroit 40 Green Bay 10
Dallas 31 Oakland 24
Pittsburgh at Baltimore
Sunday's games
All times Eastern
Jacksonville at Cleveland, 1 p.m.
New England at Houston, 1 p.m.
Arizona at Philadelphia, 1 p.m.
Miami at N.Y. Jets, 1 p.m.
Tennessee at Indianapolis, 1 p.m.
Chicago at Minnesota, 1 p.m.
Tampa Bay at Carolina, 1 p.m.
Atlanta at Buffalo, 4:05 p.m.
St. Louis at San Francisco, 4:05 p.m.
Cincinnati at San Diego, 4:25 p.m.
Denver at Kansas City, 4:25 p.m.
N.Y. Giants at Washington, 8:30 p.m.
Monday's game
New Orleans at Seattle, 8:40 p.m.

NBA

Wednesday's results
Indiana 99 Charlotte 74
Orlando 105 Philadelphia 94
Memphis 100 Boston 93
L.A. Lakers 99 Brooklyn 94
Miami 95 Cleveland 84
Chicago 99 Detroit 79
Houston 113 Atlanta 84
Washington 100 Milwaukee 92 OT
Oklahoma City 94 San Antonio 88
Denver 117 Minnesota 110
Dallas 103 Golden State 99
Phoenix 120 Portland 106
L.A. Clippers 93 New York 80
Friday's games — All times Eastern
San Antonio at Orlando, 7 p.m.
Miami at Toronto, 7 p.m.
Milwaukee at Charlotte, 7 p.m.
L.A. Lakers at Detroit, 7:30 p.m.
Dallas at Atlanta, 7:30 p.m.
Cleveland at Boston, 7:30 p.m.
New Orleans at Philadelphia, 8 p.m.
Brooklyn at Houston, 8 p.m.
Washington at Indiana, 8 p.m.
Golden State at Oklahoma City, 8 p.m.
New York at Denver, 9 p.m.
Phoenix at Utah, 9 p.m.
L.A. Clippers at Sacramento, 10 p.m.

Horoscopes

♈ Aries
March 21 - April 20
This should be an encouraging day and even if you don't accomplish anything remarkable, you will still make progress. Though what seems like no big deal to you may look remarkable to others.

♉ Taurus
April 21 - May 21
Try not to put yourself under stress today because the planets suggest you will get more out of life if you take things easy. Treat what look like a major setback as no more than a minor irritation.

♊ Gemini
May 22 - June 21
There is no point complaining unless you intend to change it. If you give rivals the idea that you are upset about what they are up to, they might decide to do it more.

♋ Cancer
June 22 - July 23
Something you used to get a great deal of joy from no longer thrills you. In a way that's good because it means you can devote the time and energy you spent on it to more serious creative matters.

♌ Leo
July 24 - Aug. 23
Flattery will get you everywhere today and will be especially useful if you want to make a good impression on the work front. People in positions of power like to be told how wonderful they are.

♍ Virgo
Aug. 24 - Sept. 23
Speak up and say what is on your mind but don't expect any applause. If you have any criticisms maybe you should try to make them sound more like positive suggestions.

♎ Libra
Sept. 24 - Oct. 23
You won't solve a problem by trying to force others to see it from your point of view. If they get the impression that you feel you are intellectually superior to, them they will go out of their way to defy you.

♏ Scorpio
Oct. 24 - Nov. 22
Try saying nice things to important people today. You may not believe a word of it but if you can get employers to support what you are doing it could mean the difference between success and failure.

♐ Sagittarius
Nov. 23 - Dec. 21
There have been times of late when it felt as if you were at the mercy of events but it isn't as bad as you think. With the Sun firmly placed in your sign, you should be more upbeat about your prospects now.

♑ Capricorn
Dec. 22 - Jan. 20
Make it your aim to find something to enjoy in everything you do. Whatever it is you are working on there is no reason why it should not make you smile.

♒ Aquarius
Jan. 21 - Feb. 19
You may be eager to push ahead with a project but the planets indicate it might be best to wait a few days. Both tomorrow's Sun-Uranus link and next Tuesday's new moon will bring about new ideas.

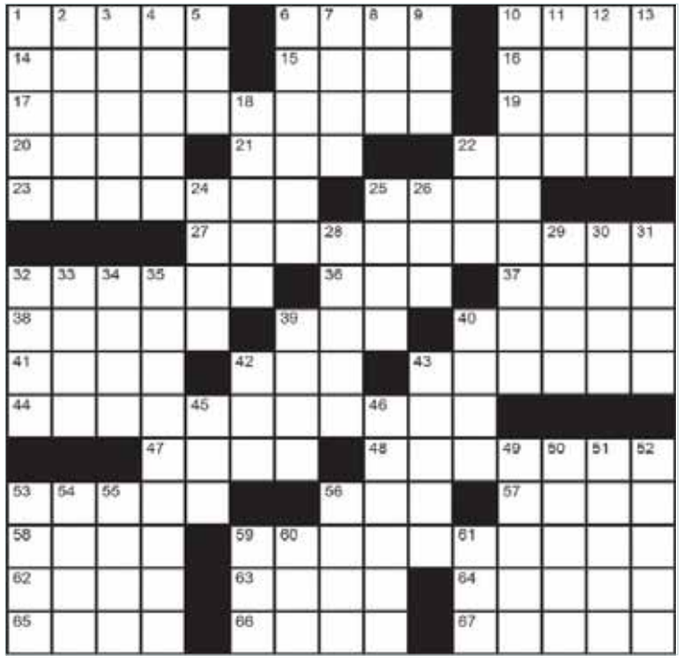
♓ Pisces
Feb. 20 - March 20
You will see only what you want to see today. That's fine, but if you close your mind completely to new possibilities you'll be the loser.

SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN



Across

1. Vermicelli
6. Piece of the puzzle
10. Gwyneth Paltrow's lifestyles website, __.com
14. Gelatin mould dish
15. James __ (Pulitzer-winning writer)
16. "__ la Douce" (1963)
17. Racecar driver Jacques, an honoured member of Canada's Sports Hall of Fame
19. Achievement
20. Good vs __ (Superhero's battle)
21. Bar beverage
22. Rock
23. Embark on a cruise: 2 wds.
25. Earth
27. It kicks off the Christmas shopping season: 2 wds.
32. Figures of speech
36. Sanction
37. Store event
38. Moved off course
39. "Way cool!"
40. Scatter
41. Docking spot
42. Sighed sounds
43. Snow-packed ski runs
44. Historic building from 1886 where The Second City in Toronto was famously located: 3 wds.
47. Fertilizer ingredient
48. Record-breaking building category
53. Quality
56. "Frasier" character
57. "Ah, me!"
58. This spot
59. Singer from Saint-Ignace, New Brunswick: 2 wds.
62. Buffalo kind
63. __ Cooper
64. Beaver-ish looking animal
65. Look after
66. Assorted [abbr.]
67. Highway-crossing animals

Down

1. Does road work
2. "__ __ always said..."
3. __ pea soup
4. Cash register drawers
5. Hotshot
6. Spain: Valencian dish of rice
7. Fluish feeling
8. Gun the engine
9. Football prop
10. Thingies put out annually by Oprah Winfrey, and most recently, Gwyneth Paltrow: 2 wds.
11. Celebrated cookie
12. Muscat is its capital
13. Hors d'oeuvre spread
18. Manicurist's concerns
22. Military address
24. Sleep Country Canada purchase, __ __
25. Timetable, cool-style
26. Commonly, poetically
28. English punk band, with The
29. Dash
30. Sheltered, nautically
31. Archery bow trees
32. Spellllling boo-boo
33. Racetrack fence
34. Was in debt
35. Chanel No. 5's magazine page: 2 wds.
39. Ms. Perlman
40. Window ledge
42. Go-Go's smash: "Our Lips __ Sealed"
43. Shopping __
45. Galway's country [abbr.]
46. English pop trio, __ Kitten
49. Espresso style
50. Upper crust
51. More sensible
52. Boris Godunov, and others
53. Fantastic, in slang
54. Boulevard in Montreal, __-Levesque
55. Cast or Wrought
56. Also-__
59. "This is yummy."
60. Crossword rendering of a segment of a road's dotted line
61. Mr. Stewart

Yesterday's Crossword

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

7		9				2		6
	8		5		4		1	
2								3
		4	1		3	8		
	6						4	
		7	2		5	6		
4								8
	3		8		9		6	
9		8				1		5

Yesterday's Sudoku

4	6	9	3	7	5	1	2	8
5	1	2	8	9	4	6	7	3
7	8	3	1	2	6	9	5	4
2	7	4	6	8	1	3	9	5
8	9	6	5	3	2	4	1	7
3	5	1	7	4	9	8	6	2
9	2	8	4	1	7	5	3	6
1	3	5	2	6	8	7	4	9
6	4	7	9	5	3	2	8	1

Today -8°/-18° Mainly sunny
Saturday -6°/-8° Variable
Know what the weather will be 14 days from now.
Check the 14 day trend.
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~~$3995~~
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$49
~~$140~~
Italian sterling silver hoop earrings

$1449
~~$2898~~
14k white gold diamond tennis bracelet, 1.50 ctw

$220
~~$595~~
Italian sterling silver opera necklace with aquamarine

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~~$195~~
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~~$1450~~
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